

Figure 13. Checking Out Anxious Predictions Worksheet

Date/ Time	Situation	Emotions and body sensations Rate intensity 0–100	Anxious predictions Rate 0–100% for how strongly you believed each one	Alternative perspectives Use the key questions to find other views of the situation Rate belief 0–100%	Experiment 1 What did you do instead of taking your usual precautions? 2 What were the results? 3 What did you learn?