

Figure 14. Checking Out Anxious Predictions Worksheet – Example: Kate

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?
20th February	Ask Ian for money	Anxious 95 Embarrassed 95 Heart pounding 95 Feeling hot and red 100	He will shout at me 90% He'll think I'm really mean 90% It will spoil our relationship 80% I will have to find another job 80% I won't be able to 70% I'll be stuck at home with no money 70%	There's no evidence he'll react like that. What I know of him shows he's not that kind of person 100%  He might be a bit annoyed but it would pass and he'd be thinking of something else two minutes later 95%  Even if he did react like that, everyone would support me. I would if it was someone else. I would think they're entitled to what they were owed 100%  Maybe I'm entitled too 30%  Even if I did lose my job I'm a good enough hairdresser to find another 60%  I could be making a mountain out of a molehill here 50%	1 Ask him. Don't apologise or say it doesn't matter. Be polite and pleasant, but firm. Take your time.  2 He gave it to me right away! He said he was sorry, he'd just forgotten. No sign afterwards that he thought anything of it.  3 I learned that it's OK to take the risk of asking for what I want, and I CAN do it, and get results – even if it does make me nervous.