

Figure 10. Predictions and Precautions Worksheet

<p>Date/ Time</p>	<p>Situation What were you doing when you began to feel anxious?</p>	<p>Emotions and body sensations (e.g. anxious, panicky, tense, heart racing) Rate 0–100 for intensity</p>	<p>Anxious predictions What exactly was going through your mind when you began to feel anxious? (e.g. thoughts in words, images) Rate 0–100% for how strongly you believed each one</p>	<p>Precautions What did you do to stop your predictions coming true? (e.g. avoid the situation, safety-seeking behaviours)</p>