

QUESTIONS TO ASK YOURSELF IF YOU ARE WORRYING;

A SELF HELP FORM

SpecificWorry: _____

Questions to ask yourself:	Your Response:
Specifically, what are you predicting will happen?	
How likely (0% to100%) is it that this will actually happen? How negative an outcome are you predicting (from 0% to 100%)?	Likelihood: How negative:
What is the worst outcome? The most likely outcome? The best outcome?	Worst: Most likely? Best:
Are you predicting catastrophes (awful things) that don't come true? What are some examples of the catastrophes that you are anticipating?	
What is the evidence (for and against) your worry that something really bad is going to happen? If you had to divide 100 points between the evidence for and against, how would you divide these points? (Eg, would it be 50-50? 60-40?)	Evidence for: Evidence against: Points: Evidence for = _____ Evidence against = _____
Are you using your emotions (your anxiety) to guide you? Are you saying to yourself, "I feel anxious, so something really bad is going to happen"?	
Is this a reasonable or logical way to make predictions? Why/why not?	
How many times have you been wrong in the past about your worries? What actually happened?	