



QUESTIONING ANXIOUS PREDICTIONS

<u>Date/time</u>	<u>Situation</u>	<u>Emotions & Body Sensations</u>	<u>Anxious Predictions</u>	<u>Alternative Perspectives</u>	<u>Outcome</u>
	What were you doing when you began to feel anxious? Who was there? Where were you?	(anxiety, panicky, fearful, heart racing, flushed etc)	Rate strength of belief 0-100%	Use the key questions to find other ways of looking at the situation Rate belief 0-100%	How do you feel now? (emotions, body sensations) How strongly do you believe your original prediction?