

## Managing Worries Exercise

My Worries		
What am I worrying about?	What am I predicting? How much do I believe it will happen (0-100%)	What emotions am I feeling? Rate the intensity 0-100%
Helpful Thinking		
What is the evidence for my prediction?	What is the evidence against my prediction?	
What is the worst that could happen and what could I do to cope?	What is the best that could happen?	
What is the most likely thing that will happen?		
What are the consequences of worrying about this?		
What is a more helpful way to view the situation; What advice would I give to a friend?		
Helpful Conclusion		
What is a balanced and helpful thought to replace my worry?		
How much do I believe my original prediction now (0-100%)	How intense are my emotions now (0-100%)	