

Questions To Help You Find Alternatives To Anxious Predictions

What am I predicting will happen?

What is the evidence to support what I am predicting?

What is the evidence against what I am predicting?

What might be an alternative view on the situation?

What evidence do I have from the past that would be helpful now?

What is the worst that can happen?

What is the best that can happen?

Realistically, what is most likely to happen?

If the worst does happen, what could be done about it?

If someone I cared about had the same worry, what advice would I give them?

What are the costs and benefits about worrying about this? Divide 100 points between the costs and benefits (i.e. 40-60, 30-70, etc.)