

FORM 4.9. Questions to Ask Yourself If You Are Worrying: A Self-Help Form for Patients

Specific worry:

Questions to ask yourself:	Your response:
Specifically, what are you predicting will happen?	
How likely (0–100%) 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? (For example, 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?	

(cont.)

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FORM 4.9. Questions to Ask Yourself If You Are Worrying (p. 2 of 2)

Questions to ask yourself:	Your response:
<p>What are the costs and benefits to you of worrying about this? If you had to divide 100 points between the costs and benefits, how would you divide these points? For example, would it be 50–50? 60–40?)</p>	<p>Costs:</p> <p>Benefits:</p> <p>Points: – _____ (costs) _____ (benefits)</p> <p>Subtract costs from benefits: _____ – _____ = _____</p>
<p>What evidence do you have from the past that worrying has been helpful to you and hurtful to you?</p>	
<p>Are you able to give up any control in order to be worried less?</p>	
<p>Is there any way that worrying really gives you any control, or do you feel more out of control because you are worrying so much?</p>	
<p>If what you predict happens, what would that mean to you? What would happen next?</p>	
<p>How could you handle the kinds of problems that you are worrying about? What could you do?</p>	
<p>Has anything bad happened to you that you were not worried about? How were you able to handle that?</p>	
<p>Are you usually underestimating your ability to handle problems?</p>	
<p>Consider the thing you are worried about. How do you think you'll feel about this 2 days, 2 weeks, 2 months, and 2 years from now? Why would you feel differently?</p>	
<p>If someone else were facing the events that you are facing, would you encourage that person to worry as much as you? What advice would you give him or her?</p>	