

# Worry Diary

## About Your Worries

<p>What am I worried about?</p>  <p>List my worrisome thoughts</p>	<p>What am I predicting?</p>   <p>How much do I believe it will happen (0-100%)?</p>	<p>What emotion(s) am I feeling? (Rate the intensity 0-100%)</p>
--	---	--

## Challenging Your Worries

<p>What is the evidence <u>for</u> my prediction?</p>	<p>What is the evidence <u>against</u> my prediction?</p>
<p>How likely is it that what I am predicting will actually happen (0-100%)?</p>	
<p>What is the worst that could happen?</p>	<p>What is the best that could happen?</p>
<p>What is the most likely thing that will happen?</p>	<p>How helpful is it for me to worry about this?</p>
<p>If the worst did happen, what would I be able to do to cope?</p>	
<p>How else could I view the situation?</p>	

## Balanced Thinking

<p>A more balanced and helpful thought to replace my worry is:</p>	
<p>How much do I believe my prediction now (0-100%)</p>	<p>How intense are my emotions now (0-100%)</p>