

FORM 4.8. Patient's Worry Log

Patient's name: _____

Content area for each worry	Factors in situation that bring out the worry	Prediction (Specify exactly what you think will happen and when it will happen)	Anxiety rating for each prediction (0–10)	Rating of confidence in accuracy of prediction (0–10)	Actual outcome (Exactly what happened?)	Anxiety rating at outcome (0–10)

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