

Worry Log

What am I worrying about: what gives me cause to worry?	Make a specific prediction as to what you think will happen	What would be the worst thing about the prediction coming true?	Anxiety level (0-10)	How likely is your prediction? (0-10)	Actual outcome – what happened?

Instructions: catching a current episode of worry

- Catch yourself worrying about something that might happen in the near future
- Ask yourself what you are worrying about and what gives you cause to worry and write it in the first column
- In the next column describe exactly what you predict would happen if your worry came true
- Describe what would be the worst thing about your prediction coming true
- Rate the level of anxiety you feel about the thought of your prediction coming true
- Write down how likely it is to come true i.e. how confident you are that it will actually occur
- When you know whether the feared events have occurred or not write down what actually happened

<i>Example</i>					
<i>My partner is coming home by train tonight and won't get in till it's late</i>	<i>He/she will get mugged at the taxi stand</i>	<i>It would be horrific to think that he/she was badly hurt, I couldn't stand it</i>	<i>10</i>	<i>7</i>	<i>He/she came home safely – there was a queue of people waiting and h/she was never in danger</i>