
Changing Your Odds

Negative thought: _____

How many times has it happened? _____

Reasons why I continue to worry about it: _____

1. Avoidance behavior _____
2. Mistaken belief that past evidence does not apply _____
3. Mistaken belief that luck or my extra-cautious behaviors have prevented it from happening _____
4. Mistaken belief that what I most worried about has come true _____
5. Mistaken belief that dangers increase with intensity of anxiety or physical symptoms _____

What is the evidence? _____

What are the real odds? (0-100) _____

What are different thoughts? *(Fill in the pie chart, including your anxious thoughts as the shaded piece of the pie):*


