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## Changing Phobic Thinking

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**Instructions:** Each time you experience anxiety or fear in relation to your phobic object or situation, complete this form. In the first column, record the event or situation that triggered your fear. In the second column record your initial fearful predictions and thoughts. In column 3, record realistic alternative thoughts about the situation. In the last column, record the extent to which you believe your initial thought was true, after considering all the evidence (use a 0–100-point scale, where 0 = definitely not true, and 100 = definitely true).

Event	Initial negative thoughts	Alternative outcomes and coping orientation	Realistic probability of initial negative thought coming true (0–100)

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