

Changing Phobic Thinking

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)
Drove through a tunnel	The tunnel might collapse	Tunnels are well built and chance of collapse are minuscule. I will remember that the worst will be that I'll feel anxious.	1%
Spider moved quickly	The spider may get on me.	The spider is probably afraid of me and likely to crawl away from me. Besides, even if it gets on me, the worst thing that will happen is I will feel uncomfortable.	5%
Received a blood test	I may faint.	I know that fainting isn't dangerous. I will regain consciousness in a few seconds.	50%
	The needle will hurt a lot.	I know from past experiences that needles don't hurt much.	5%

Figure 6.1

Example of Changing Phobic Thinking form