

Thought Journal

Situation <i>When? Where? Who? What happened?</i>	Feelings <i>One-word summaries</i> <i>Rate 0-100</i>	Automatic thoughts <i>What were you thinking just before and during the unpleasant feeling?</i>

Thought and Evidence Journal

Situation <i>When? Where? Who?</i> <i>What happened?</i>	Feelings <i>One-word summaries</i> <i>Rate 0-100</i>	Automatic thoughts <i>What were you thinking just before and during the unpleasant feeling?</i>	Evidence for	Evidence against <i>Circle possible action plans.</i>	Balanced or alternative thoughts <i>Rate believability 0-100%</i>	Rerate feelings <i>0-100%</i>

Risk Assessment Worksheet

Feared event: _____

Automatic thoughts: _____

Rate your anxiety from 0 to 100: _____

Rate the probability of the event from 0 to 100 percent: _____

Assuming the worst happens,

Predict the worst possible consequences: _____

Possible coping thoughts: _____

Possible coping actions: _____

Revised prediction of consequences: _____

Rate your anxiety from 0 to 100 once again: _____

Evidence against the worst possible outcome: _____

Alternative outcomes: _____

Rate your anxiety from 0 to 100 once again: _____

Rate the probability of the event from 0 to 100 percent once again: _____

Sally's Risk Assessment Worksheet

Feared event: Flunking my orals

Automatic thoughts: I can't do it. I'll choke up and sound stupid.

Rate your anxiety from 0 to 100: 95

Rate the probability of the event from 0 to 100 percent: 90

Assuming the worst happens,

Predict the worst possible consequences: I'll be a failure. All my schooling will be wasted.

Possible coping thoughts: Many people don't pass on the first try. I can take the test again.

Possible coping actions: Study some. Hire an orals exam coach to practice with. Try again.

Revised prediction of consequences: I won't fail permanently. It will just take me a little longer.

Rate your anxiety from 0 to 100 once again: 60

Evidence against the worst possible outcome: I've studied hard, and I got good grades on my course work.

Alternative outcomes: I might do well and pass easily. I might stammer and choke but squeak by and pass

anyway. I might fail and have to take the orals over and then pass. It might even take me three tries.

Rate your anxiety from 0 to 100 once again: 40

Rate the probability of the event from 0 to 100 percent once again: 30

Weekly Activity Schedule

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
6 a.m.							
7 a.m.							
8 a.m.							
9 a.m.							
10 a.m.							
11 a.m.							
12 noon							
1 p.m.							
2 p.m.							
3 p.m.							
4 p.m.							
5 p.m.							
6 p.m.							
7 p.m.							
8 p.m.							
9 p.m.							
10 p.m.							
11 p.m.							
12-6 a.m.							