| **Situation**Date & Time | **What is my worrisome thought?** | **What am I predicting?**(Rate how much you believe it will happen 0-100%) | **Emotion**(Rate intensity 0-100%) | **What is the evidence for my prediction?** | **What is the evidence against my prediction?** | **How likely is it that what I am predicting will happen?**(Rate belief 0-100%) |
| --- | --- | --- | --- | --- | --- | --- |
| Type here … | Type here … | Type here … | Type here … | Type here … | Type here … | Type here … |
|  |  |  |  |  |  |  |