| **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 … |
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