Worry Thought Record Worksheet

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