

Questions to Ask Yourself If You Are Worrying

Specific Worry: _____

Questions to ask yourself:	Your response:
What are you predicting will happen (be as specific as possible)?	
How likely (0-100%) that this will actually happen?	
How negative an outcome (0-100%) are you predicting?	
What is the worst outcome?	
What is the best outcome?	
What is most likely?	
Are you predicting catastrophes that don't come true? What are some of the catastrophes you are predicting?	
What is the evidence for and against your worry about something really bad happening?	
If you had to divide 100 points between for and against (50/50, 60/40, etc.) how would you divide them?	
Are you using your emotions (your anxiety) to guide you? Are you giving yourself negative messages such as "I feel anxious, so something bad is going to happen."?	
Is this a reasonable or logical way to make predictions? Why/why not?	
How many times have you been wrong in the past about your worries? What actually happened?	

Questions to Ask Yourself If You Are Worrying

Questions to ask yourself:	Your response:
What are the costs and benefits to you of worrying about this?	
If you had to divide 100 points between the cost and the benefits, how would you divide them?	
What evidence do you have from the past that worrying has been either helpful or hurtful to you?	
Are you able to give up any control in order to be worried less?	
Is there any way that worrying gives you control, or do you feel more out of control because of your worrying?	
If what you predict happens, what would that mean to you? What would happen next?	
How could you handle the kind of problems that you are worrying about? What could you do?	
Has anything bad happened to you that you were not worried about? How did you handle that?	
Are you usually underestimating your ability to handle problems?	
Consider the thing you are worried about. How do you think you will feel about it in 2 day? 2 weeks? 2 months? 2 years? Why would you feel differently?	
If someone else were facing the same events that you are facing, would you encourage that person to worry as much as you? What advice would you give him or her?	