

### Thought Diary

Situation you are feeling anxious/ashamed/fearful about:	
Your prediction: What exactly are you fearing will happen?	How does the thought of this situation occurring make you feel?
What is the actual evidence <b>for</b> your prediction?	What is the actual evidence <b>against</b> your prediction?
What is the <b>worst</b> that could happen?	What is the <b>best</b> that could happen?
What strategies could you use to cope with the worst case?	What is the <b>most likely</b> to happen?
Can you reframe the situation?	What are likely <b>positive outcomes</b> ?
Compare your original prediction to the most likely outcome. How do you feel now?	