

Worry Risk Assessment

Feared Event _____

Automatic thoughts _____

Rate anxiety from 0 to 100 _____

Rate the probability of event from 1 to 100 % _____

Assuming the worst happens:

Predict the worst possible consequences _____

Possible coping thoughts _____

Possible coping actions _____

Revised prediction of consequences _____

Re-rate anxiety from 0 – 100 _____

Evidence against the worst possible outcome _____

Alternative outcomes _____

Re-rate anxiety from 0 – 100 _____

Re rate probability of event from 0 – 100 % _____