TABLE 6.4

TESTING YOUR PREDICTIONS

Date/time	*Prediction*	*Actual outcome (time)*	*How I felt afterward*
January 18 4:30 p.m.	I'll never get this writing done	I wrote three pages (8 p.m.)	Relieved, relaxed
January 19 11 a.m.	I'll be late for my appointment	I was ten minutes late, but so were they	Relieved