

TABLE 6.5
TEN WAYS TO DEFEAT YOUR WORRY

<i>Question to ask yourself</i>	<i>What to do</i>
1. What thinking distortions are you using?	List the thinking distortions (mind reading, fortune-telling, etc.).
2. How likely (0–100%) is it that this will actually happen?	If you were placing a bet, how likely do you think it is that this event will actually occur? 0%? 10%? 50%? 70% 100%? Why would you give it this probability?
3. What is the worst outcome? The most likely outcome? The best outcome?	Describe different possible outcomes. Worst: Most likely: Best: Look at what you listed as the most likely outcome. Why would it be the most likely?
4. Tell yourself a story about better outcomes.	Use a separate sheet of paper to write a short story where things work out for you. What are the steps that you might need to take in real life to make this story come true?
5. What is the evidence (for and against) your worry that something really bad is going to happen?	If you had to divide 100 points between the evidence for and against, how would you divide these points? (For example, would it be 50–50? 60–40?) Points: evidence for = Points: evidence against =
6. How many times have you been wrong about your worries in the past? Give examples. Is there a pattern?	
7. Put predictions in perspective.	Don't turn worries into catastrophes. Is what you're worrying about the end of the world or merely an inconvenience? Use realistic probabilities. How likely is this, really? Get off the slippery slope. Are you predicting a chain reaction that is not likely? Don't fall through the trap-door. Are you expecting that the bottom will fall out—or is it more likely that this is a bump in the road?
8. What are some things that you could do to cope if the bad outcome actually occurred?	
9. If someone else were facing the events that you are facing, would you encourage that person to worry as much as you do? What advice would you give him or her?	Put yourself in the shoes of giving advice to your best friend. If your friend was predicting all of these negative things and worrying a lot about them, what would you say to him or her? What if you said this to yourself? Is there some reason you treat yourself worse than you treat others?
10. Indicate why this is not really a problem.	This is not a problem because . . .