

RETHINKING WORRY

	AUTOMATIC/REACTIVE	REFLECTIVE
SITUATION	THOUGHTS EMOT. INTENSITY of THOUGHTS 0 - 100 (NONE) (MAXIMUM)	RATIONAL THOUGHTS % BELIEF in THOUGHTS 0 - 100 (NONE) (MAXIMUM)
	What bad outcome is feared? How likely does it feel?	List other possible outcomes
	What is the worst feared outcome (catastrophe)?	If something unfortunate does happen, what are other possible ultimate outcomes (other than a catastrophe), and how you could you cope with it or minimize the damage?
	What do you do to alleviate your distress?	What opposite action could challenge the worry/fear? What are ways you could solve a true problem/risk?