



Exercise: Evaluating the likelihood of worries coming true

Goal

You will learn to examine your worries in a more accurate manner and to evaluate them from a new perspective.

Instructions

One common misconception is the so-called jumping to conclusions. Choose something that is worrying you at this moment. Then think about the answers to the following questions

Worry

The worst thing that could happen

The best thing that could happen



The most likely outcome

If the worst happened, what could I do to get over it?