

1. Situation What were you doing when you began to feel anxious?	2. Anxious predictions What exactly was going through your mind when you began to feel anxious? (e.g., thoughts in words, images)? Rate 0-100% for how strongly you believed each one	3. Emotions and body sensations (e.g., anxious, panicky, tense, heart racing) Rate 0-100% for intensity	4. Alternative perspectives Rate belief 0-100%	5. Rerate Anxious predictions Rerate your belief in your anxious assumptions (column2) And rerate your emotions now (column 3)
6th January, 2pm Bought sandwich for Ian for lunch. He forgot to pay me back	If I ask for the money he owes me, he will: 1. Think I'm really mean 90% 2. He will shout at me 90% 3. It will spoil our relationship forever 80% 4. I will have to find another job 70% 5. I won't be able to find another job 70% 6. I'll be stuck at home with no money 70%	Anxious 95% Embarrassed 95% ----- Heart pounding 90% Sweaty 70% Feeling hot and red 100%	There's no evidence he'll react like that. What I know of him shows he's not that kind of person 100% He might be a bit annoyed but it would pass and he'd be thinking of something else two minutes later 95% Even if he did react like that, everyone would support me. I would if it was someone else. I would think they're entitled to what they were owed 100% Maybe I'm entitled too 30% Even if I did lose my job I'm a good enough hairdresser to find another 60% I could be making a mountain out of a molehill here 50%	1. = 80% 2. = 60% 3. = 70% 4. = 50% 5. = 50% 6. = 50% ----- Anxious 95%-90% Embarrassed 95% - 95%

6. Precautions

What did you do to stop your predictions coming true? E.g., avoid the situation, take precautions (i.e., engage in 'safety behaviours')

7. Experiment

What will I do instead of taking my precautions?

8. Evaluation

1. What were the results? Where your predictions correct?
2. What have you learned? If not, what perspective would make better sense?

Avoid him altogether

If I did ask, I would:

- Make myself small
- Be very apologetic
- Not look at him directly
- Keep my voice down
- Tell him it didn't really matter

Get it over and done with as fast as possible and then run away

Ask Ian for the money he owes me.

Don't apologise or say 'it doesn't matter'.

Be polite and pleasant, but firm.

He gave it to me right away! He said he was sorry, he'd just forgotten.

No sign afterwards that he thought anything of it.

I learned that it's OK to take the risk of asking for what I want, and I can do it, and get results — even if it does make me nervous.