

Risk Assessment

Feared event _____

Automatic thoughts _____

Rate anxiety from 0 - 100 _____

Rate probability of event from 0 – 100% _____

Assuming the worst happens:

Predict the worst possible consequences _____

Possible coping thoughts _____

Possible coping actions _____

Revised prediction of consequences _____

Re-rate anxiety from 0 –100 _____

Evidence against the worst possible outcome _____

Alternative outcomes _____

Re-rate anxiety from 0 –100 _____

Re-rate probability of events from 0 –100% _____