

**Probability Form**

<b>Event</b> (External or Internal)	<b>Automatic Thoughts</b>	<b>Rate % Probability</b> (0 – 100%) <b>Anxiety</b> (0 – 100)	<b>Evidence</b>	<b>Coping Alternatives</b>	<b>Re-rate % Probability</b> (0 – 100) <b>Anxiety</b> (0 – 100)