FORM 8.2

Costs–Benefits of Worry

Write down your specific worries, and for each, see if you can identify the costs you incur for having that worry, as well as the benefits you derive from it. Rate the costs and benefits, each on a scale from 0 to 100, and then calculate the net cost or benefit to you of holding this worry. A sample entry is provided for illustration.

Specific worry	Costs	Rate costs	Benefits	Rate benefits	Costs–benefits
I'll sound stupid	Makes me anxious. Can't enjoy myself. I want to avoid the party.	80	Maybe I can reassure myself. Maybe I can think of something to say.	20	−60

Can you point to any specific examples where worry made things more difficult for you?
If you worried somewhat less, what would improve in your life?

From *Cognitive Therapy Techniques: A Practitioner's Guide, Second Edition*, by Robert L. Leahy. Copyright © 2017 The Guilford Press. Permission to photocopy this material is granted to purchasers of this book for personal use or use with individual clients (see copyright page for details).