FORM 8.3

Turning Worries into Predictions

In the first column, write down your worry as a prediction—for example, "I will fail the exam," and in the second column, record the degree of confidence (0–100, where 100 = absolute certainty) you have that your prediction will come true. In the third column, write what actually happened, and in the fourth column, describe your conclusions.

I predict:	Confidence (0–100)	Actual outcome	Conclusions

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