FORM 8.5

Testing Negative Predictions

For the coming week, write down predictions about your negative thoughts and worries—for example, "I won't be able to concentrate" or "I'll have nothing to say" or "I won't be able to get any sleep." Then at the end of the week, record what actually happened.

I predict . . . will happen.	I predict . . . will not happen.	Actual outcome

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