FORM 8.6

Examining Past Negative Predictions

It is useful to look back at your negative predictions in the past to see if you have a bias toward negative fortune telling. Think back about situations (i.e., activating events) when you made negative predictions. For example, you might have gone through a breakup and predicted "I'll never have another relationship" or "I'll never feel happy." In the left-hand column, write down the activating event; in the middle column, write down your prediction; and note what actually happened in the right-hand column. One entry is provided as an illustration.

Past activating event	Prediction/thought	Actual outcome
I broke up with a man.	I'll always be alone. I'll never be happy again. I'll have a nervous breakdown.	I met someone 6 months later. I felt happy the next day seeing friends. I did get depressed for a while, but I got over it.

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