

Assessing the real likelihood or probability of events

What are you worried about? What do you fear will happen? What do you think will be the consequences of this happening?

What do you think is the real likelihood or probability this will happen? Rate on a scale where 1=Not at all & 100=Definitely _____

Consider the evidence upon which you are basing your probability rating. Ensure any evidence you use is factual, objective, tangible & concrete.

Evidence for the rating	Evidence against the rating

Consider the following:

Have you worried about this before? What happened? Has the worry happened before? If so, how many times? If the worry could have happened before & it didn't, consider why it didn't? _____

On the basis of the above what is the real probability of what you fear happening? _____