

# Turning Worry Up & Down Experiment



Prediction 1: What do you think will happen on the days you <u>do</u> worry (UP WORRY DAYS)? Rate how strongly you believe the prediction will happen (0 – 100%)	PRE RATING	POST RATING

Prediction 2: What do you think will happen on the days you <u>don't</u> worry (DOWN WORRY DAYS)? Rate how strongly you believe the prediction will happen (0 – 100%)	PRE RATING	POST RATING

Day:	____ day	____ day	____ day	____ day	____ day	____ day	____ day
	Down Worry	Up Worry	Down Worry	Up Worry	Down Worry	Up Worry	Down Worry
Did positive things happen?							
Did negative things happen?							
Did you cope during the day?							
Did you solve problem that arose?							
Did you get things done?							
How did you feel?							

**Compare your two predictions with what actually happened.**

**Re-rate how strongly you believe in the predictions (view first page)**