Test the fear

Test a prediction your anxiety makes that you can observe in everyday life: coping, missing out, not being able to concentrate, giving up on the waiting time.

> Not for fears about illnesses: you can't test whether you're ill this way. That's what a medical examination is for.

Today

What exactly am I afraid will happen?
Concrete enough that I can later say whether it happened.

By when can I observe it?
Date

How likely does it feel right now?
0 to 100 percent

If it happens: how well would I cope?
0 = not at all, 10 = well

On the day

Did it turn out that way?

- [ ] Yes
- [ ] No
- [ ] Differently than expected

What did I notice?

Waiting it out is never for emergencies: call your local emergency number (112 in Europe, 911 in the US). More numbers: pausewave.app/en/crisis-help
This worksheet doesn't replace a medical examination or psychotherapy. New or ongoing complaints belong in a doctor's office.