

ANCHORS FOR COST BENEFIT SCALE. ON A SCALE
OF -100 TO +100 RATE THE COST VERSUS BENEFIT
OR DOING THE THING YOU ARE WORRIED ABOUT.
-100 MIGHT BE I WILL DIE + 100 MIGHT BE I WILL
HAVE FUN

Date here

What I worried about

Use this sheet to gauge the level of your estimation of threat and worry to about a particular event. This has been shown to decrease worry and anxiety

Event description

I worried this
would happen

Estimated Probability /
Estimated Cost

Probability in
percentage 0-100
percent

Did it occur?

Y/N

Give a cost benefit analysis and explain

You can use this sheet over time to see how accurate your probability and cost ratings are