

Reviewing an Anxious Prediction

Anxiety and worry | Adults and teens 13+ | 10 to 15 minutes

Examine an anxious prediction and develop a balanced response.

An anxious prediction can sound like a fact. Choose a recent, manageable example and look at it with curiosity. The aim is a fairer view that includes risk, resources, and uncertainty rather than a forced positive statement.

Make the prediction specific

Write what you expect to happen, where, and when. "They will dislike me" is hard to examine; "If I ask a question in this meeting, someone will criticize me" gives you something clearer to explore.

Build a balanced response

Consider what supports the prediction, what complicates it, and what you could do if the feared event happened. A balanced response might be, "Someone could disagree, and I can ask for clarification or take a pause."

The situation and the prediction my mind is making

Evidence that supports the prediction and evidence that complicates it

If it happened, what resources or responses could I use?

A fairer statement I am willing to try