

Questions for Realistic Thinking

Question	Skill development
What are you feeling?	Awareness and labelling of anxiety
What is your fear temperature (1-10)?	Quantifying anxiety
What are you worried about?	Identifying cognitions
Why are you worried about it?	Identifying triggers
What are you saying to yourself?	Identifying anxious self-talk
What are the chances it will happen (0—100)?	"Anxious" estimation of probability
What clues do you have that it will happen?	Testing the thought against evidence
<ul style="list-style-type: none"> • How many times has it happened before? 	
<ul style="list-style-type: none"> • How many times has it not happened to you? 	
<ul style="list-style-type: none"> • How many times has it happened to other kids? 	
<ul style="list-style-type: none"> • How many times has it not happened to other kids? 	
Can you be absolutely sure it won't happen?	Dealing with uncertainty
What else could happen?	Examining alternatives
What are the <i>real</i> chances it will happen?	Estimating realistic probabilities
What's the worst thing that could happen?	Decatastrophizing
So what if it happens?	Decatastrophizing
Is this as bad as you thought it would be?	Perspective-taking
Have you had worse things happen to you before?	Perspective-taking
What could you do to handle this?	Problem—solving
What helpful things could you say to yourself now?	Coping self-talk
How did you do?	Self-evaluation
What's your fear temperature now?	Quantifying change in anxiety
How can you reward yourself?	Self-reinforcement