

LEARNING ABOUT RISK

If you face an uncertain situation you may feel anxious because you feel you are at risk. The following worksheet will help you evaluate if you are at risk and how much risk you actually face. The worksheet will develop risk determination ability.

1. How much anxiety do I have about this situation from 0 to 10, with 10 being extreme anxiety? _____
2. Do I face some upcoming danger and if so what is it?

3. How much does this danger make me vulnerable from 0 to 10, with 10 being extreme danger to myself or my loved ones? _____ How much can this endanger myself or my loved ones, from very little to a great deal? _____
4. Do I believe that I can tolerate this difficult situation? Yes _____ No _____ Why not? _____
5. Am I becoming alarmed about danger too early, before the situation has unfolded and I know what will happen next? Yes _____ No _____
6. Was I successful tolerating this same type of situation in the past and if so why was that?

7. What did I do to tolerate this situation in the past?

8. What negative emotion does this situation set-off? _____
9. How much does this situation bother me, from 0 to 10, with 10 being totally bothered by this situation? _____
10. Does this situation cause me to have any other feelings besides anxiety? _____ Do I believe that I can tolerate this negative emotion? Yes _____ No _____
11. Am I practicing a tolerance skill to cope with this negative emotion? _____ How often am I practicing tolerance? All of the time _____ Sometime _____ Hardly ever _____
12. How much more anxiety or how much more of this negative emotion can I tolerate (e.g., 20% more, 40% more, etc.)? _____ Am I at my absolute limit regarding how much I can tolerate? _____
13. If I am at my limit regarding tolerance, what will I do then? What is my plan if I cannot tolerate anymore of this negative emotion?