



# Thought Diary for Biased Expectations

## Identify My Biased Expectations

What is the at-risk situation?	How much do I believe it will happen (0-100%)?
What am I expecting? What am I predicting? What do I see happening in this situation? What conclusions am I jumping to?	
	What emotion(s) am I feeling? (Rate the intensity 0-100%)

## Challenge My Biased Expectations

What is the evidence <u>for</u> my expectations?	What is the evidence <u>against</u> my expectations?
How likely is it that what I am expecting will actually happen (0-100%)?	
What is the worst that could happen?	What is the best that could happen?
What is the most likely thing that will happen?	How does it affect me if I expect the worst?
If the worst did happen, what could I do to cope?	
How else could I view the situation?	
Are there any positives in me or the situation I am ignoring?	

## Develop More Realistic Expectations

What's a more realistic expectation?	
How much do I believe my original biased expectation now (0-100%)?	How intense are my emotions now (0-100%)?