

HAS THIS  
HAPPENED  
BEFORE?

IS THERE A BIG  
CHANCE OR A  
SMALL CHANCE OF  
THIS HAPPENING?

IS THIS A  
THINKING  
TRAP?

WHAT  
ELSE  
MIGHT  
HAPPEN?

WHAT  
COULD GO  
RIGHT?

DO I HAVE  
EVIDENCE TO  
SUPPORT  
THIS  
THOUGHT?

WILL THIS MATTER  
IN 1 WEEK? IN 1  
YEAR?