Testing Scary Thoughts Form

Record an upcoming event and your scary thought about it. Then, on a scale from 0 to 100, rate the probability of your scary thought occuring, with 0 meaning that the imagined events will not happen and 100 meaning that they will. After the event, check yes or no, as to whether the scary thought came true.

0	50			100	
No Chance	Moderate Chance		Definite Chance		
Upcoming Event	Scary Thought	Before the Event: Probability	After the Event: Did scary thought come true ?		
			Yes	No	