

Self -Esteem Worksheet Module 3

#8 What is the most likely thing that will happen ?

#9 How does it affect me when i expect the worst?

#10 If the the worst did happen, what could i do to cope?

#11 how else i could view the situation ?

#12 Are there any positive s in me or the situation i am going ?

#13 What's a more realastic expectation?

how much do u belive my bioused expectation is now (0 to10 scale)?
how much engshious u r now? Little or medium or lot

#1 What is the risk situation for you?

Answer:

#2 What am i expecting? What i am predicting? What do i see happening in this situation? What conclusions am i jumping to?
Answer:

how much do u belive it will happend (0 to 10 scale)?
how much engshious u r now? Little or medium or lot

#3 Waht is the evidence for my expectations?

#4 Waht is the evidence against my expectations?

#5How likely is it that what i am expecting will actually happen (0 -10 scale)?

#6 what is the worst thing that can happened?

#7 what is the best thing that can happened?

Your name-

Date -

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