

## Managing Anxiety: A Cognitive Inquiry

Please fill out the table below, noting the example on the screen. Keep the upcoming speech in mind.

<i>Question</i>	<i>Your Response</i>
<b>Initial Anxiety and Most Feared Prediction</b>	
On a scale of 1-100, how anxious are you about the upcoming speech? What are you most afraid might happen during your speech?	
<b>Targeting Probability Estimation</b>	
Estimate the likelihood of your expectation coming true from 1-100% Estimate the number of speeches you've given that have been at least as long as the upcoming speech (3-4 min.)  In how many of these speeches has the thing that you fear happening this time <i>actually happened</i> ?  How strong would you say the evidence is that your feared outcome will actually come true in the upcoming speech?	
<b>Questions targeting Catastrophizing</b>	
Imagine your expectation does come true. How horrible would that be? Let's put this into perspective. Compare how horrible it would be if your expectation came true in comparison to other unpleasant things in life... How horrible would it be if you failed a course?	
<b>Coping Thought and Revised Anxiety Rating</b>	
Come up with a coping thought that you could use during your upcoming speech to remind you of this activity. Even if your most feared prediction were to come true, what could you tell yourself to help cope?  Provide a new rating for your anxiety about the upcoming speech on a scale of 1-100.	