

Name: _____ Date: _____ Event No: _____

7. Estimating the Likelihood of a Causal Thought

Complete this worksheet if you decide to arithmetically estimate the likelihood of the causal thought on 5. Planning to Get More Evidence about a Causal Thought. Otherwise go on the next worksheet.

Causal Thought. _____

On this worksheet your first job is to break down the feared outcome into a series of smaller events in a chain. Each smaller event must occur for the feared outcome to occur. For example, for someone to rob me through my open upstairs bedroom window: (1) I need to leave the window open; (2) a housebreaker needs to come past my house; (3) s/he needs to see my open window; (4) s/he needs the want to rob my house; (5) s/he needs to be unoccupied at the time (eg. not with her/his mum); (6) s/he needs to have access to a ladder (or other device) to climb the wall of my house; (7) s/he needs to climb the wall and enter the window without being seen; (8) s/he needs to find and collect my valuables without disturbing my Rottweiler (who lives inside); (10) s/he needs to exit my house with my belongings without being apprehended.

1. Break down your causal thought into the series of smaller events, like the example given above. List these steps, in order, below. Then in the second column, estimate the likelihood or probability of each event occurring (eg. 1 chance in 2, 1 chance in 10, 1 chance in 10000 etc)

Event	Likelihood (1 chance in ___)
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____
9. _____	_____
10. _____	_____

2. Multiply the estimates together for all of the events to get your calculation of the total probability of the feared outcome. (Ask your therapist for assistance with this task if necessary).

___ x ___ x ___ x ___ x ___ x ___ x ___ x ___ x ___ x ___ = _____

3. What have you learned about the likelihood of the feared outcome? Was it as likely as you had thought? (see worksheet 3 for your previous belief in the causal thought).

4. What would the world look like if your original estimate of the causal thought (see worksheet 3) had been true? In other words, how would the world be different if your original estimate were true?

5. Do you (or your therapist) think you left out any steps in the chain? Do you (or your therapist) think you have overestimated the likelihood of any steps in the chain? If so, recalculate your estimate on a fresh copy of this worksheet. If not, complete the rest of worksheet 6. Getting Extra Evidence about a Causal Thought, and use this information to help you complete Worksheet 13. Reappraising a Causal Thought.

