

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Event no: \_\_\_\_\_

## 9. Reviewing Your History

Complete this worksheet if you decided to review the way you used to act and think before you developed your condition on 5. Planning to Get More Evidence about a Causal Thought. Otherwise go on to the next worksheet.

<b>Causal Thought.</b> _____
---------------------------------

1. Think carefully over the time in your life before you developed your condition. Think about how you used to act. Do any of your past behaviours prove that the causal thought is wrong?

---

---

---

---

---

2. Did any dangerous or bad outcomes happen when you used to act this way? Did any harm come to you because you didn't believe in the causal thought at that time? If so, how serious or harmful was the outcome?

---

---

---

---

---

3. Has the causal thought helped you in any way? Has it really protected you against serious harm, or has it just been a distressing waste of time?

---

---

---

---

---

4. What have you learned about the likelihood or severity of the feared outcome by reviewing your history? Is it as likely as you had previously thought? (see worksheet 3 for your previous belief in the causal thought). Is it as bad as you had previously thought?

---

---

---

---

---

5. 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.