Prediction diary

A table that confronts anxious predictions with the actual outcome.

> Anxiety predicts catastrophes and never checks whether they happened. Write the **prediction before the event** and the outcome after it. The third column matters more than the second: most often it turns out you got through even the thing you feared most.

Predictions

DATE	EVENT	WHAT I THINK WILL HAPPEN	LIKELIHOOD 0–100	WHAT ACTUALLY HAPPENED	HOW I HANDLED IT 0–100

After a month

How many predictions came true in full?

What does that say about how reliable my predictions are?

For personal use.