

CHANGING YOUR ODDS

Negative Thoughts:

- 1) How many times has it happened before?

- 2) What is the reason I still believe it:
 - a) Do I avoid this and therefore don't learn that it may not be true?
(avoidance)
 - b) Do I mistakenly think that just because it hasn't happened in the past, doesn't mean it won't happen now? (past evidence doesn't apply theory)
 - c) Do I mistakenly believe that luck has prevented it or that my safety behaviors/people/things have prevented it somehow?
(magical avoidance)
 - d) Do I mistakenly believe that the danger of it actually happening increases with the increase in anxiety about it?

- 3) What is the actual evidence in favor of this?

- 4) Against this?

- 5) So what are the real odds of this happening? 0- 100 _____