



APPREHENSIONS AND FACTS

INSTRUCTIONS AND EXAMPLES:

Sometimes our circumstances prompt us to make anxious predictions (as in fear of sleep or fear of driving). Sometimes we need to create experiments and purposefully engage in behaviours that would test our apprehensions (as in non-vigilance practice that challenges our perceived need to be always in control). We cannot trick our brains with positive thinking, but we can rewire them with facts. This exercise helps you track your predictions (apprehensions) and factual outcomes to eventually help you move through your apprehensions. The examples below show how the tracking sheet should be completed. Please make as many observations as possible.

APPREHENSIONS			FACTS		
Circumstances / Behavioural Experiment	What do you dread?	What do you believe will happen if the dreaded outcome takes place?	What actually happened?	If the dreaded outcome happened, how was it managed?	What lesson can be learnt from this?
I am about to go to sleep.	I will have a panic attack.	It will be uncontrollable and I might die.	I had mid-level panic attack.	I reminded myself that panic is painful but not dangerous. I made myself a cup of tea and panic eventually dissipated.	Panic attack was painful but eventually stopped. I did not die.
Non-vigilance practice – 5 minutes with eyes closed in the middle of the day.	It's a waste of time. No specific dread.	It will not be helpful at all.	I felt very restless.	I persevered with the exercise even though it made me feel bad and felt like a waste of time.	My world did not collapse just because I took a 5-minute break from my responsibilities. The restlessness showed that I must be wired and impatient without even realizing it.
Having to drive to a store	Panic attack	If I have a panic attack when driving, I might cause an accident. If I have a panic attack at a store, I might not be able to recover enough to drive myself home.	Some anxiety and restlessness. I felt like returning home.	It was difficult and I was at the verge of panic but I was able to complete my shopping and there was no accident.	I don't like feelings of panic and anxiety, but these feelings do not cause accidents and I can still do what I need.



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