Play The Script Till The End

Have you ever been reading a scary story or watching a horror movie and noticed an urge to close the book or change the channel before getting to the end? Have you ever had the realization at the end of the book or movie that the monster or villain was not as scary as you thought it would be? Special effects and movie makeup are rarely as scary as what we can imagine in our head. We don't really know how scary the movie monster is until we see them.

Worries can function in the same way - they can be magnified in our imagination - especially when they are incomplete. Often it can feel like more is on the line than what is on the surface. Identifying the *feared outcome* can help to clarify how much to worry about a potential problem. *Playing the script to the end* can help to identify the feared outcome. For example, when worrying about taking a test, are you worried about not doing well? Or that not doing well will result in something worse happening?
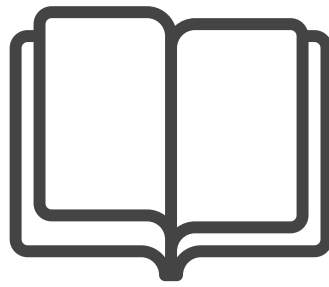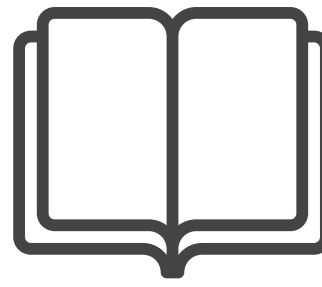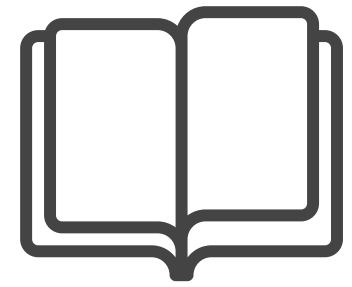

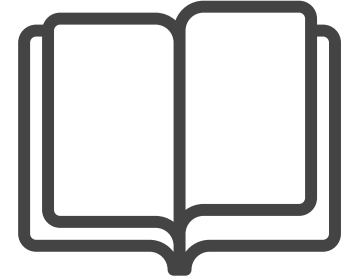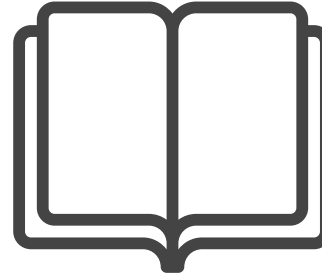| What's the situation that I'm worried about? | If that situation were to happen, what would that lead to? | If that situation were to happen, what would that lead to? | If that situation were to happen, what would that lead to? |

Questions to ask yourself:
• What am I really worried about (feared outcome)?
• How much can the current situation really determine whether my feared outcome will happen?
• Is this the whole story? What am I missing?

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What's the situation that I'm worried about?

If that situation were to happen, what would that lead to?

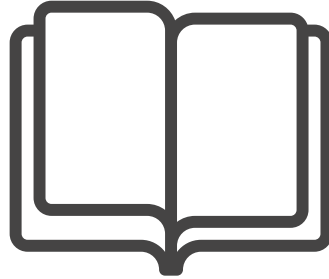*If that situation were to happen, what would that lead to?*

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