BLUE HORIZON COUNSELLING
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Predict-Prepare-Practise Worksheet

Predict	Prepare	Practise
(Write down what you think might happen, how would you behave and feel and what thoughts you might have in an anxiety-provoking situation.)	**(**Ask yourself: how can you handle this situation effectively? What skills and strategies can I use in this situation?)	(Choose *when, where and with whom* you will practise the skills and strategies needed to effectively manage your anxiety.)
(For example: "If I make a mistake during my presentation I will feel paralysed and will not be able to continue.")	*(For example: "I will use deep-breathing exercises, and come prepared. I will remind myself that I do the best I can, it does not have to be perfect, and many people get nervous and make mistakes.")*	*(For example: "In order to give myself the best possible chance, I will practise this presentation at home several times with my friend. I will attend counselling sessions to learn relaxation strategies and other tips to prevent myself from becoming overwhelmed and to get back on track even if I make a mistake. I will write and practise my coping statements.")*