



PREDICTOMETER

Often when we get scared/anxious its because our predictometer is telling us something scary/negative/bad might happen, but most often that scary thing never happens. Scared/perfectionistic kids often have predictometers that are out of whack! Let's see how your predictometer is doing. Every time you are anxious or afraid write down what you think is going to happen in the "My Predictometer says this will happen" column. Later write down what actually happened in the "But this is what really happened" column. Let's find out if your predictometer is out of whack.

My Predictometer says this will happen

But this is what really happened

