Worst case, best case, most likely

For a worry about the future: write out the worst case, the best case and the most likely one.

Name _____ Date _____

What am I worried about?

Worst case

What is the very worst that could happen?

Best case

What is the best that could happen?

Most likely

Realistically, what will probably happen?

How likely is the worst case, really?

0 — 10 — 20 — 30 — 40 — 50 — 60 — 70 — 80 — 90 — 100

Will not happen — Certain

If the worst did happen, how would I cope? Who and what would help me?

What can I do now to make a good outcome more likely?

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This handout supports your therapy. It does not replace professional advice.