Appendix A
Hypothesis Testing Worksheet

Hypothesis Testing Sheet/Keeping the Score
Practice #1

1) What is the feared food?
2) What do I predict will happen?
3) How likely is it that it will happen? 25% 50% 75% 100%
4) What REALLY happened?
5) How did I push through this challenge? (Circle one)
   a. Taking deep breaths
   b. Riding the wave of the anxiety
   c. Giving myself a pep talk
   d. Doing an alternative activity
   e. Other coping strategy _______________
6) Did my prediction come true? Y/N