

Place & Time	A negative or Anxiety Provoking thought?	% of Belief or anxiety	At another Place & Time	Think of the previous negative or Anxiety Provoking thought Now	% of Belief or anxiety Now
6am					
7am					
8am					
9am					
10am					
11am					
12					
1pm					
2pm					
3pm					
4pm					
5pm					
6pm					
7pm					
8pm					
9pm					

10pm					
11pm					
12					