Pivot Behavioral Health
Prediction Quotient

Instructions: For the next two weeks, every time you predict a negative outcome, such as "I will lose my job" or "I won't enjoy going to the event", record the prediction in the **prediction testing** table below. Try to be specific and detailed. Then, indicate how strongly you believe the prediction from 0 to 100 percent, where 100 = "I believe the prediction is completely accurate.". As specifically as possible, write down what really happened and place a check mark if the prediction did *not* come true.

When you are done, move on to the **validity quotient**, which will give you a sense of how accurate these predictions have been. Choose one prediction from the first section that has been around for quite some time (for example, five years) and then answer the remaining questions.

Date: _____

Prediction Testing

What negative things will happen and when?	Strength of your belief (0-100%)	What really happened?	Check mark any false prediction

Validity Quotient

The prediction:

_____

Q1: How many times have I made this prediction in the past five years?	
Q2: How many times in the past five years has this prediction come true?	
Validity quotient (Q2/Q1) x 100%	