S1 Appendix. Self-administered Vertical Arrow Technique

Imagine a potential negative future event that makes you feel anxious:

If the negative event that you imagine would take place, what could happen? (Write down until a maximum of three possible consequences in the boxes below)

Consequence 1:

If the consequence 1 would take place, what could happen? (Write down until a maximum of three possible consequences in the boxes below)

Consequence 1a:

Consequence 1b:

Consequence 1c:

Consequence 2:

If the consequence 2 would take place, what could happen? (Write down until a maximum of three possible consequences in the boxes below)

Consequence 2a:

Consequence 2b:

Consequence 2c:

Consequence 3:

If the consequence 3 would take place, what could happen? (Write down until a maximum of three possible consequences in the boxes below)

Consequence 3a:

Consequence 3b:

Consequence 3c: