

Decatastrophizing

Catastrophizing is a cognitive distortion that prompts people to jump to the worst possible conclusion, usually with very limited information or objective reason to despair. Often, it involves believing that you are in a worse situation than you really are or exaggerating the difficulties you face. This Exercise will help you to control catastrophizing thoughts. You should complete it regularly, so that it becomes second nature for you to manage the catastrophizing thought as soon as it occurs.

WHAT IS THE WORRY?

WHAT IS THE WORST CASE SCENARIO?

WHAT IS THE BEST CASE SCENARIO?

HOW LIKELY IS IT THAT THIS WILL HAPPEN?

%

HOW LIKELY IS IT THAT THIS WILL HAPPEN?

%

If it does happen will I be ok in 1 week?

If it does happen will I be ok in 1 month?

If it does happen will I be ok in 1 year?

If it does happen will I be ok in 1 week?

If it does happen will I be ok in 1 month?

If it does happen will I be ok in 1 year?