

# Decatastrophizing Worksheet

This worksheet has 5 boxes to fill out:

*What social support system can you draw on? What strategies, techniques, or approaches have worked for you in the past?*

*What would you want to hear in order to feel better? What would put your mind at rest,*

### 1. What 'catastrophe' is bothering you?

*Specify what you imagine will occur, avoiding "What if?" statements.  
Instead, rephrase these as precise predictions, e.g. "I won't get the job."*

Rate how terrible you believe it would be out of 100%:

### 2. What is the likelihood of the catastrophe occurring?

*In the past, has this ever happened before?*

*How frequently does this occur in real life?*

### 3. How terrible would it be if your catastrophe really occurred?

*What would the worst possible outcomes look like?*





*What would put your mind at rest, and how would it sound?*

Rate how terrible you believe it would be out of 100%: