



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%: