

## Decatastrophizing

### What is the catastrophe that I am worried about?

Clearly state: What am I worried will happen? What am I predicting will happen?

Change any "what if...?" statements into clear predictions about what you fear will happen

Rate how awful you believe this catastrophe will be (0-100%)

### How *likely* is this event to happen?

Has anything this bad ever happened to you before?

How often does this kind of thing happen to you?

Realistically, is this likely to happen now?

### How *awful* would it be if this did happen?

What is the worst case scenario?

What is the best case scenario?

What would a friend say to me about my worry?

### Just supposing the worst did happen, what would I do to *cope*?

Has anything similar happened before? How did I cope then?

Who or what could I call on to help me get through it?

What resources, skills, or abilities would be helpful to me if it did happen?

### What positive & reassuring thing do you want to say to yourself about the 'catastrophe' now?

What would I like to hear to reassure me?

What tone of voice would I want to hear that reassurance in?

Rate how awful you believe this catastrophe will be now (0-100%)