

DE-CATASTROPHIZING

For when you've convinced yourself your
WORLD IS ENDING!

1. WHAT AM I WORRIED WILL HAPPEN/WORST CASE SCENARIO (WCS)???

How awful would this be? (0-100%) →

Chance it could happen? (0-100%) →

2. WHAT DOES THE WORST CASE SCENARIO LOOK LIKE?

What could I do if this did happen?

What resources, skills or abilities would help you?

Is there anyone to support you?

Who?

How could they help?

3. WHAT WOULD THE BEST CASE SCENARIO LOOK LIKE?

4. WHAT IS MOST LIKELY TO HAPPEN?

5. WHAT WOULD YOU TELL A FRIEND WHO WAS WORRIED ABOUT THE SAME THING?

6. NOW RATE AGAIN THE LIKELIHOOD OF THE WCS HAPPENING (0-100%)

Percentage at END:

Percentage at START:

7. NOW RATE AGAIN HOW AWFUL THIS WOULD BE IF IT HAPPENED (0-100%)

Percentage at END:

Percentage at START:

8. REFRAMED THOUGHT FOR WHEN I WORRY ABOUT THIS IN THE FUTURE: