

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%)