

# Decatastrophizing

Cognitive distortions alter the way we perceive the world, making us see things in a way that is not in tune with reality. We might filter out the positive, see ourselves as much more or less in control of things than we actually are, or blow the bad things out of proportion. When we become bogged down in the negative and worry excessively about a problem or expect the worst-case scenario to happen, we are catastrophizing. Use this worksheet to talk yourself down from catastrophizing.

The Worry	
Worst-Case Scenario	Most Likely Scenario
<b>Chance it will happen:</b> %	<b>Chance it will happen:</b> %
<b>What if it happens?</b> Will I be okay in one week? Will I be okay in one month? Will I be okay in one year?	<b>What if it happens?</b> Will I be okay in one week? Will I be okay in one month? Will I be okay in one year?
<b>How do you feel about the worry now?</b>	