

The “What If?” Bias

We often get caught up thinking about all the potential bad outcomes of a situation or decision, rather than adopting a rational perspective.

This exercise can help you combat the “What If?” Bias to regain a balanced perspective and avoid catastrophizing.

Thinking of a situation or challenge that you’d like to tackle, use this worksheet to list both positive and negative “What ifs?” in each of the columns.

Two examples are provided to get you started.

“What If” It’s Negative?	“What If?” It’s Positive?
<ul style="list-style-type: none"> ▪ <i>E.g. What if I have a panic attack on stage?</i> 	<ul style="list-style-type: none"> ▪ <i>E.g. What if I give the performance of my life?</i>