

# Catastrophizing Worksheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_ dd / mm / yyyy

## 1. IDENTIFY THE SITUATION

What situation or event triggered the catastrophic thinking?

## 2. CAPTURE THE CATASTROPHIC THOUGHTS

What's the worst-case scenario you're imagining?

## 3. CHALLENGE THE THOUGHTS

What evidence supports this thought?

What evidence contradicts this thought?

How likely is this outcome (1-10)?

12345678910

What would you tell a friend in this situation?

## 4. SHIFT TO MORE BALANCED THINKING

What's a more realistic outcome?

What's the best-case scenario?

## 5. HAVE A PLAN OF ACTION

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What steps can you take to manage this situation?

## PERSONAL REFLECTION

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Specify below: