Decatastrophizing Worksheet

Name: _____ Date: _____ dd / mm / yyyy

What are you worrying about?

How likely is it for your worry to come true? What are the factors that make it more likely? Did you have similar experiences before?

What would most likely happen based on the evidence?

What is the worst possible outcome you're worried about?

In the event your worries came true, what would you feel, especially in the coming days, weeks, months, or years?

Are there more favorable and positive outcomes? If so, what can be done in order to get those outcomes instead?

In the meantime, what could put your mind at ease?