Catastrophizing Worksheet

Name: Alexandra Corey **Date:** August 29, 2023

Situation
Receiving a Low Grade on an Exam

Catastrophic Thoughts
I'm a failure; I'll never succeed.

My GPA is ruined; my future is doomed.

Others will think less of me; I'm embarrassed.

Evidence Evaluation
Last semester, I improved after seeking help from a tutor.

Received positive feedback on the previous assignment from the same class.

Realistic Probability
While the grade is disappointing, it's not reflective of my overall performance.

There are opportunities to improve and learn from this experience.

Alternative Explanations
Exams are a single assessment; they don't define my abilities.

Others may have also struggled with the exam.

Balanced Thoughts
This grade is a setback, but it doesn't define my academic journey.

I can use this as motivation to improve my study strategies.

Emotional Impact
Catastrophic thoughts intensify my disappointment and anxiety.

Positive Self-Talk
"One grade doesn't determine my worth."

"I've overcome challenges before and can do it again."

Action Plan
Review the exam to identify areas for improvement.

Seek guidance from the instructor or peers for better understanding.