

# Catastrophizing Worksheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_



## 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)?

1

2

3

4

5

6

7

8

9

10

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

What steps can you take to manage this situation?

## Personal reflection