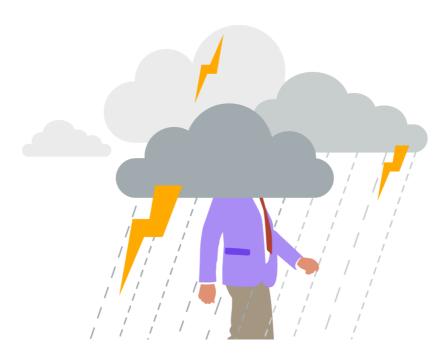
Catastrophizing Worksheet

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 evid	lence contr	adicts this	thought?						
How likely	/ is this out	come (1-1	0)?						
1	2	3	4	5	6	7	8	9	10
	ıld you tell					,			10
	,								
4. Shift to	more bal	anced thi	nking						
What's a r	more realis	tic outcom	e?						
What's the	e best-case	e scenario	?						
5 Have a	a plan of a	ction							
	s can you		ınage this	situation	?				
	•								

Personal reflection