

# Decatastrophizing Worksheet

Name:	Date:
<b>What are you worrying about?</b>	
<b>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?</b>	
<b>What would most likely happen based on evidence?</b>	
<b>What is the worst possible outcome you're worried about?</b>	
<b>In the event your worries came true, what would you feel, especially in the coming days, weeks, months, or years?</b>	
<b>Are there more favorable and positive outcomes? If so, what can be done in order to get those outcomes instead?</b>	
<b>In the meantime, what could put your mind at ease?</b>	