

Managing Catastrophic Thinking DBT Worksheet

| Name | Date |
|---|------|
| <p>Catastrophic thinking refers to the tendency to imagine and expect the worst possible outcomes in various situations. This thinking pattern often leads to heightened anxiety, stress, and emotional distress.</p> | |
| <p>Situation: Describe a recent situation that triggered catastrophic thinking. Be specific about the event, your thoughts, and your emotional response.</p> | |
| <p>Description:</p> | |
| <p>Catastrophic thought:</p> | |
| <p>Emotions:</p> | |
| <p>Identifying Cognitive Distortions: Review your catastrophic thoughts and identify any cognitive distortions present. Mark the ones that apply to your thoughts.</p> | |
| <p><input type="checkbox"/> All-or-Nothing Thinking (Black-and-White Thinking)</p> <p><input type="checkbox"/> Overgeneralization</p> <p><input type="checkbox"/> Mental Filtering (Focusing on the Negative)</p> <p><input type="checkbox"/> Discounting the Positive</p> <p><input type="checkbox"/> Jumping to Conclusions (Mind Reading or Fortune Telling)</p> <p><input type="checkbox"/> Magnification or Minimization (Catastrophizing or Minimizing)</p> <p><input type="checkbox"/> Emotional Reasoning</p> <p><input type="checkbox"/> "Should" Statements</p> <p><input type="checkbox"/> Personalization and Blame</p> | |
| <p>Challenging Catastrophic Thoughts: For each catastrophic thought, ask yourself these questions to challenge and reframe your thinking and write down your answers.</p> | |
| <p>Is there any concrete evidence that supports this catastrophic thought?</p> | |

Are there alternative explanations or outcomes that are more realistic?

Have similar situations in the past turned out differently than you expected?

What would a close friend or family member say about this situation? Would they view it as catastrophically as you are?

What is the worst-case scenario, and how likely is it to actually happen?

How would you cope and handle the situation if the worst-case scenario did occur?

Generating Balanced Thoughts: Based on your answers to the challenging questions, reframe your catastrophic thoughts into more balanced, realistic, and constructive thoughts.

Reframed and balanced thoughts:

Revised emotions:

Coping Action Plan: Identify steps you can take to prevent or manage catastrophic thinking in the future.

Additional notes