

# Decatastrophizing Worksheet

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