

Managing Catastrophic Thinking DBT Worksheet

Name	Date
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.	
Situation: Describe a recent situation that triggered catastrophic thinking. Be specific about the event, your thoughts, and your emotional response.	
Description:	
Catastrophic thought:	
Emotions:	
Identifying Cognitive Distortions: Review your catastrophic thoughts and identify any cognitive distortions present. Mark the ones that apply to your thoughts.	
☐ All-or-Nothing Thinking (Black-and-White Thinking) ☐ Overgeneralization ☐ Mental Filtering (Focusing on the Negative) ☐ Discounting the Positive ☐ Jumping to Conclusions (Mind Reading or Fortune Telling) ☐ Magnification or Minimization (Catastrophizing or Minimizing) ☐ Emotional Reasoning ☐ "Should" Statements ☐ Personalization and Blame	
Challenging Catastrophic Thoughts: For each catastrophic thought, ask yourself these questions to challenge and reframe your thinking and write down your answers.	
Is there any concrete evidence that supports this catastrophic thought?	

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