

Cognitive Restructuring: Decatastrophizing Worksheet

Catastrophizing is a thinking pattern where we assume the worst-case scenario or exaggerate the importance of problems. Decatastrophizing helps you to challenge and change catastrophic thoughts.

Let's Practice Decatastrophizing

1. What is something you are worried about?

2. How likely is it that this will happen?

Rate from 1-5, with 1 being very likely and 5 being very unlikely

1

2

3

4

5

3. Support this thought by providing examples of similar occurrences or any other evidence

4. What is the worst-case scenario?

How likely do you think this outcome is ? (0-100%)	

5. If your concern does materialize, will you be okay?



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6.What is the best-case scenario?

How likely do you think this outcome is ? (0-100%)	

7.What is the most realistic outcome ?

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8. If your worst-case scenario materializes, how will you cope?

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9. How do you feel after challenging your catastrophic thought?
