

Catastrophizing Worksheet

www.itsyourchoicetoday.com

What is catastrophizing? Taking a minor negative event and imagining the worst possible outcome — blowing it completely out of proportion.

Step 1 — Identify the situation

What happened? Describe the event briefly.

Step 2 — Spot the catastrophic thought

What is the worst-case scenario your mind jumped to?

Step 3 — Check the evidence

Answer honestly:

Do you know for certain that the worst will happen?

What facts do you actually have — not assumptions?

What are other possible (less scary) explanations?

Has this happened before? What actually occurred?

Step 4 — Find a balanced thought

Write a realistic, balanced version of the situation.

Step 5 — What can you do right now?

One small action you can take to move forward.