

Finding Perspective Worksheet

Addressing Catastrophic Thinking

Catastrophizing is a cognitive distortion in which someone jumps to conclusions and assumes the absolute worst will happen. The negative thoughts are out of proportion to the situation, lacking objective thought; and often cascade to a point where anxiety is heightened the more you think about it.

The following worksheet provides an opportunity to reign in the anxious thoughts, creating an opportunity for perspective and an alternative realistic possible outcome.

1. I am worried about: _____

2. Rate your worry on a scale of 1 (most worried I have ever been) to 10 (not worried at all)

1 2 3 4 5 6 7 8 9 10

3. What is the worst-case scenario?

4. Have you had a similar situation happen in the past? If yes, how often?

5. How likely is the worst-case scenario going to happen?

6. If it is highly likely, what is your evidence that it will happen?

7. What are three or four realistic “better” possible outcomes?

8. What is most likely to happen – not the best outcome, not the worst outcome, but most likely?

9. How likely is your answer to number seven going to happen and why?

10. Think about the situation occurring and you survived. How likely is it that you will be OK:

a. In one week: Yes or No

Why: _____

b. One Month: Yes or No

Why: _____

c. One year: Yes or No

Why: _____

11. Check in with how you are feeling in this moment. Rate your worry again using the same 1–10 scale.

1 2 3 4 5 6 7 8 9 10

For other resources, go to: deancare.com/wellness/real-goals

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