

Decatastrophising



A very common cognitive distortion that we can be prone to is **catastrophisation** - where we get so caught up in worry that we convince ourselves that the absolute worst case scenario is definitely going to happen. To help combat this is important that we consider how likely this outcome truly is, how we could cope and what resources or aids are available to help. By answering the following questions, hopefully you will find some relief from your current anxiety.

What are you currently worried about? What do you think will happen?

How likely is it, really, that this will come true. Have you ever worried to this degree before and the event didn't occur? Has anything this bad ever happened to you before? What is the most likely outcome?

How have you coped with major challenges in the past? If this event were to happen, how do you think you may deal with it? What personal strengths or qualities do you have that may help you here?

If this were to happen, who do you know who could help you? What other resources could you lean on? How could you find other resources to help?

If this really did happen, how likely is it that you would be OK in a week, month or year's time?