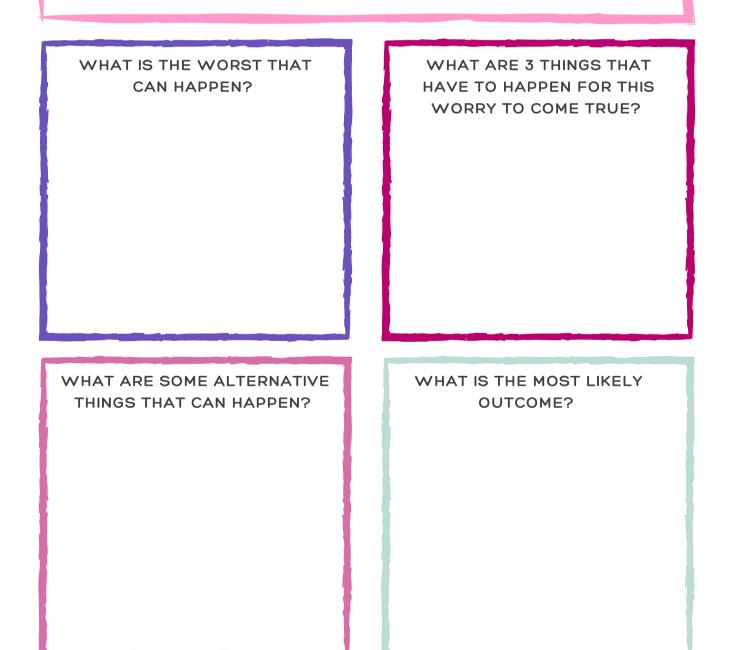


A lot of times when we are experiencing anxiety, we are fearing a disaster that might never happen. Our minds can turn even the most irrational worry into a catastrophe that feels very real! This is a cognitive distortion called catastrophizing. Use this worksheet to debunk this common distortion with logic!

FIRST DESCRIBE WHAT YOU ARE WORRIED ABOUT:



WHAT ARE THREE THINGS THAT HAVE TO HAPPEN FOR YOUR WORRY TO COME TRUE?

LASTLY, WHAT CAN YOU DO TO DEAL WITH THE SITUATION IF IT DOES COME TRUE? NAME 3 SPECIFIC WAYS YOU CAN COPE.

