



FAMILY THERAPY  
CENTER OF BETHESDA

## Anxiety worksheet:

# DECATASTROPHIZING

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 IS THE WORST THAT  
CAN HAPPEN?

WHAT ARE 3 THINGS THAT  
HAVE TO HAPPEN FOR THIS  
WORRY TO COME TRUE?

WHAT ARE SOME ALTERNATIVE  
THINGS THAT CAN HAPPEN?

WHAT IS THE MOST LIKELY  
OUTCOME?

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.



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*Child, Teen, Family & Individual Therapy*