

# HOW TO DECATASTROPHIZE

*Tip: Use a pencil and reuse this page!*

Cognitive distortions are ways that our mind convinces us of something that isn't really true. These inaccurate thoughts are usually used to reinforce negative thinking or emotions; telling ourselves things that sound rational and accurate, but really only serve to keep us feeling bad about ourselves.

What is worrying you? Why are you worried about it?

How likely is it that your worries will come true? Has it happened before? Has it happened to someone else? Is it common or uncommon?

If it does come true, what is the absolute worst that can happen? Be careful not to exaggerate.

If it does come true, what will most likely happen? Will it *really* be the end of the world?

If it does come true, will you be okay...

In 1 week? \_\_\_\_\_ %

In 1 month? \_\_\_\_\_ %

In 1 year? \_\_\_\_\_ %

*Kelly Mental Health*