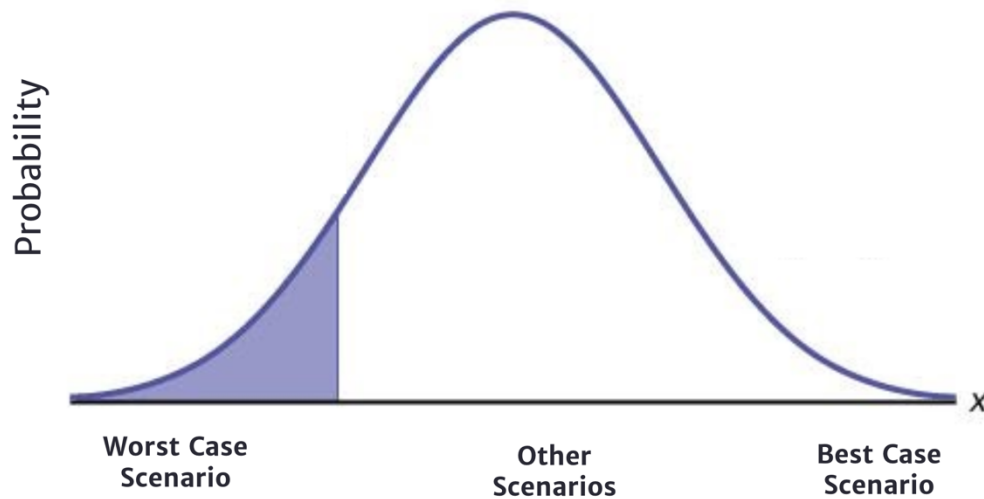


## De-Catastrophizing Worksheet



Think of a 'catastrophe' that you are worried about...

What is the worst-case scenario?

What is the best-case scenario?

What are some other scenarios (i.e., somewhere in between best and worst)?

**If the worst case did happen...**

What could you do to cope? What would you say to someone close to you (i.e., your best friend) if they were in this situation?