

# Decatastrophizing



**Cognitive distortions** are irrational thoughts that have the power to influence how you feel. Everyone has *some* cognitive distortions—they're a normal part of being human. However, when cognitive distortions are too plentiful or extreme, they can be harmful.

One common type of cognitive distortion is called **catastrophizing**. When catastrophizing, the importance of a problem is exaggerated, or the worst possible outcome is assumed to be true. By learning to question your own thoughts, you can correct many of these cognitive distortions.

What are you worried about?

How likely is it that your worry will come true? Give examples of past experiences, or other evidence, to support your answer.

If your worry does come true, what's the worst that could happen?

If your worry does come true, what's most likely to happen?

If your worry comes true, what are the chances you'll be okay...

In one week? \_\_\_\_\_%

In one month? \_\_\_\_\_%

In one year? \_\_\_\_\_%