

Catastrophic Thinking Reflection Sheet

A thought I had that felt like a worst-case scenario was...

Write the situation and the catastrophic thought. Example: "I got a headache and thought I had a brain tumor."

What's the evidence for and against that thought?

Try the Put It in Perspective strategy:

- Worst-case: What's the absolute worst that could happen?
- Best-case: What's the best outcome you can imagine?
- Most likely: What's actually most realistic?

What has happened in similar situations in the past?

Have you worried like this before? Did it come true, or did things work out better than expected?

A calming thought I can come back to is...

Choose a grounding phrase like:

- 💬 "This is just a thought, not a fact."
- 💬 "I've handled things before—I can handle this too."
- 💬 "My brain is trying to protect me, but I don't have to follow every 'what if.'"