

De-Catastrophizing Worksheet

Catastrophizing often has two cognitive distortions: 1) overestimating how bad a negative event will be, and 2) underestimating how much control you will have in dealing with the event.

Event that seems Catastrophic: _____

Automatic Thoughts About Negative Event		Automatic Thoughts About Lack of Control	
How bad the negative event will be (0-100): _____		How much control I have over dealing with event (0-100): _____	
Evidence for Thought(s)	Evidence Against Thought(s)	Evidence for Thought(s)	Evidence Against Thought(s)
How bad the negative event will be (0-100): _____		How much control I have over dealing with event (0-100): _____	

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