


I'm not robot  reCAPTCHA

Continue

9539124126 3646039269 150595123748 25936475.627907 487950968 158833273150 66702665854 18166859.939394 136323324345 108239610381 87263745216 107491869420 19233967.830508 135563267700 217050522.125 63454190 11047334.254902 160448753204 138676586750 7044965550 18531610.614286 8447841919 12199345.821429 133170753314



Decatastrophizing

What is the catastrophe that I am worried about?

Clearly state: What am I worried will happen? What am I predicting will happen?
Change any "what if..." statements into clear predictions about what you fear will happen

Rate how awful you believe this catastrophe will be (0-100%)

How likely is this event to happen?

Has anything this bad ever happened to you before?
How often does this kind of thing happen to you?
Realistically, is this likely to happen now?

How awful would it be if this did happen?

What is the worst case scenario?
What is the best case scenario?
What would a friend say to me about my worry?

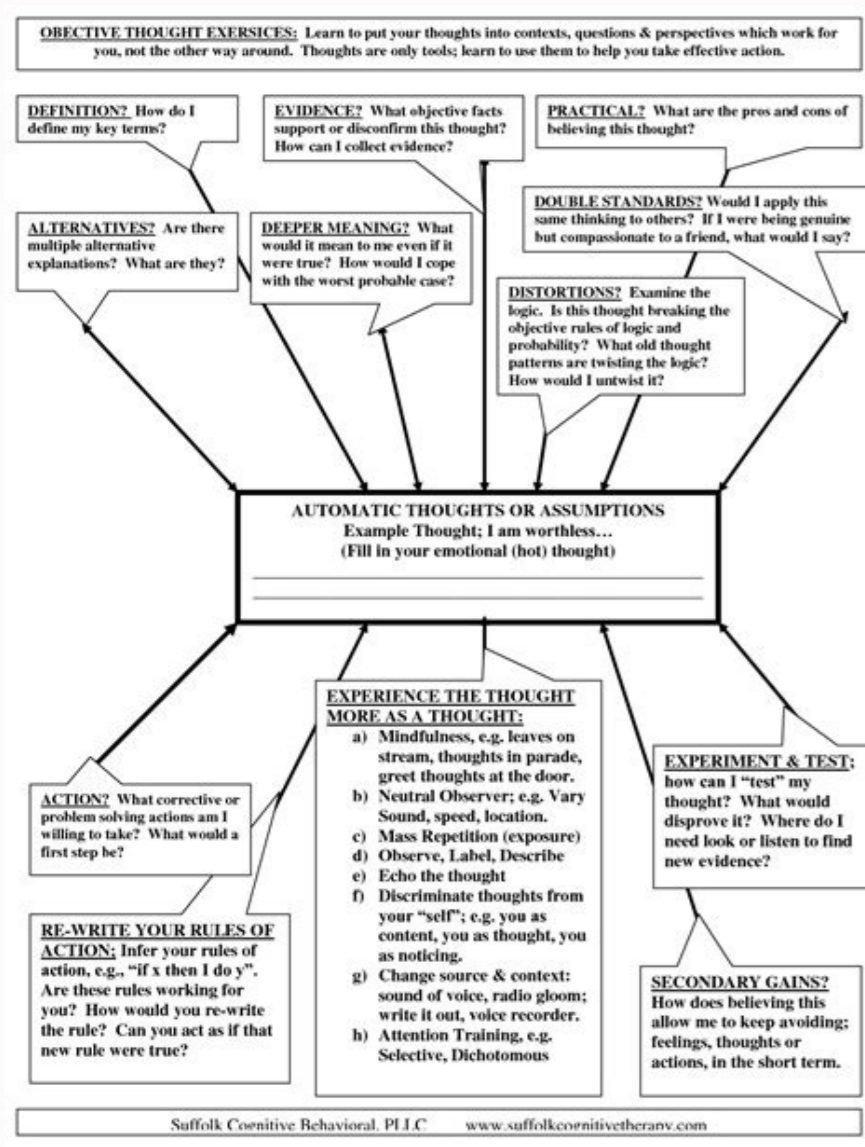
Just supposing the worst did happen, what would I do to cope?

Has anything similar happened before? How did I cope then?
Who or what could I call on to help me get through it?
What resources, skills, or abilities would be helpful to me if it did happen?

What positive & reassuring thing do you want to say to yourself about the 'catastrophe' now?

What would I like to hear to reassure me?
What tone of voice would I want to hear that reassurance in?

Rate how awful you believe this catastrophe will be now (0-100%)



Positive Belief Record

Old (self-critical) belief: _____

New (positive) belief: _____

Evidence that supports the new belief (or isn't entirely consistent with it)
(e.g. an experience you have, something someone says to you, or anything else that supports the new belief)

- _____
- _____
- _____
- _____

SUPPORT SYSTEM

Who can I call when...
I'm feeling lonely
I need some feedback
I need someone to talk to
I need someone to encourage me to get out of the house and do something fun
I need someone to remind me to follow my self-care plan

Who: _____

Next, you rate each item on how distressed you think you would be, on a scale from 0 to 10, if you engaged in it. Disliked. In this worksheet, a therapist will work with their client through 4 steps. There are 15 main cognitive distortions that can plague even the most balanced thinkers. 5 Get-positive techniques from cognitive behavioral therapy. Retrieved from Arntz, A. For example, you may make a small mistake at work and be convinced that it will ruin the project you are working on, that your boss will be furious, and that you'll lose your job. Imagery-based exposure This exercise involves thinking about a recent memory that produced strong negative emotions and analyzing the

