Decatastrophizing Worksheet

CBT exercise for managing worst-case thinking

Instructions:

- ✓ 1. Write the situation
- ✓ 2. Write your worst-case fear (0-100 intensity)
- ✓ 3. List 1 piece of evidence AGAINST the fear
- 4. Write the most likely outcome instead
- 5. Rate fear now (0-100)

Situation	Catastrophic Thought	Balanced Thought

"What's most likely, not most scary"

Date: _____ Client Name: _____