



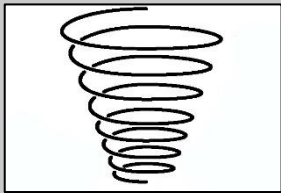
PUT IT IN PERSPECTIVE



Catastrophizing

- Catastrophizing is when you waste critical energy thinking about the irrational worst-case outcomes of a situation.
- Catastrophizing creates high levels of anxiety, decreases focus, and increases helplessness.
- Catastrophizing prevents you from taking purposeful action.

3 Styles of Catastrophizing:



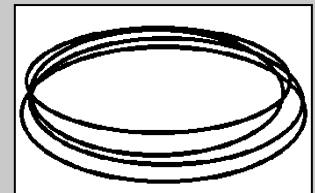
Each thought about an event leads to an even worse thought

Downward Spiral



Several thoughts not related to each other but connected to the AE

Scattershot



Bouncing back and forth between 1-3 worst-case thoughts

Circling

To Put It In Perspective

1. Describe the **Activating Event**
2. Capture **Worst Case** thoughts
3. Generate **Best Case** thoughts
4. Identify **Most Likely** outcomes
5. Develop a Plan for dealing with the **Most Likely** outcomes



PUT IT IN PERSPECTIVE

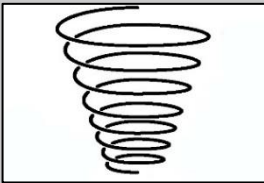


Catastrophizing

Match the style of catastrophizing with the related example of the worst case thoughts.

Activating Event: I failed a math test.

A.



Downward Spiral

1. My parents are going to be upset. I won't pass the class. My teacher thinks I didn't study.

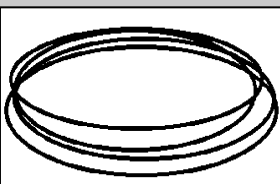
B.



Scattershot

2. My parents are going to be upset. I'm in so much trouble! My parents are going to freak out.

C.



Circling

3. Failing this test means I might not pass the class. If I don't pass the class, I have to retake it. If I have to retake the class, I might not graduate on time...

Answer: A3, B1, C2



PUT IT IN PERSPECTIVE



1. **DESCRIBE** a recent, vivid, and meaningful AE (who, what, when, where):

1

2. **CAPTURE** Worst Case thoughts:

2

4. **IDENTIFY** Most Likely outcomes:
Include Most Likely emotions

4

3. **GENERATE** Best Case: thoughts:
UNLIKELY Best Case thoughts

3

5. **DEVELOP** your Plan for dealing with the Most Likely outcomes:

5