

## COGNITIVE RESTRUCTURING: DECATASTROPHIZING

**Cognitive distortions** are irrational thoughts that have the power to influence how you feel. Everyone has *some* cognitive distortions—they're a normal part of being human. However, when cognitive distortions are too plentiful or extreme, they can be harmful.

- One common type of cognitive distortion is called **catastrophizing**. When catastrophizing, the importance of a problem is exaggerated, or the worst possible outcome is assumed to be true. By learning to question your own thoughts, you can correct many of these cognitive distortions.

**What are you worried about?**

**How likely is it that your worry will come true? Give examples of past experiences, or other evidence, to support your answer.**

**If your worry does come true, what's the worst that could happen?**

**If your worry does come true, what's most likely to happen?**

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**If your worry comes true, what are the chances you'll be okay...**

**In one week? \_\_\_\_\_%      In one month? \_\_\_\_\_%      In one year? \_\_\_\_\_%**

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