Decatastrophizing

cognitive restructuring technique

Catastrophizing is a common cognitive distortion that involves exaggerating a problem or assuming the worst will happen. **Decatastrophizing** means actively pushing back against this fear-based thinking by evaluating the evidence.

What are you worried about?

How likely is it that the worry will come true? Consider the evidence or past experience.

If your worry comes true, what's the worst that could happen?

If your worry comes true, what's most likely to happen?

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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