

DECATASTROPHISING THOUGHT CHALLENGE

What are you worried about?

How likely is it that your worry will come true?
(think about past experiences and information that you have)

Very Unlikely 1 2 3 4 5 6 7 8 9 10 Very likely

What is the worst possible outcome?
How likely is it to happen

1 2 3 4 5 6 7 8 9 10

What is the best possible outcome?
How likely is it to happen

1 2 3 4 5 6 7 8 9 10

What is the MOST LIKELY outcome?

If your worry comes true, what are the chances that you will be okay?

In 1 week _____% In 1 month _____% In 1 year _____%