

DECATASTROPHIZING EVENTS

WHAT IS IT YOU'RE WORRIED ABOUT?

HOW LIKELY IS IT FOR THIS TO OCCUR? THINK OF YOUR PERSONAL EXPERIENCES AND PROVIDE EXAMPLES OF EVIDENCE.

IF YOUR WORRY WERE TO COME TRUE...

WHAT IS THE
WORST-CASE SCENARIO?

WHAT IS THE
MOST LIKELY SCENARIO?

WHAT IS THE
BEST-CASE SCENARIO?

% LIKELIHOOD IT
WOULD HAPPEN

% LIKELIHOOD IT
WOULD HAPPEN

% LIKELIHOOD IT
WOULD HAPPEN

THINK OF WAYS YOU COULD COPE WITH THE WORST-CASE SCENARIO

1. _____
2. _____
3. _____
4. _____