

# GoodTherapy

## Decatastrophizing

**What are you worried about?**

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

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

**If your worry does come true, what are the chances (%) that you'll be fine.**

**In one day?** \_\_\_\_\_ **In one month?** \_\_\_\_\_ **In one year?** \_\_\_\_\_

Cognitive distortions are internal mental filters or biases that increase our misery, fuel our anxiety, and make us feel bad about ourselves. One common form of cognitive distortions is called catastrophizing. This is when someone persistently believes that the worst will happen, often believing they are in a worse situation than they are or exaggerating the difficulties they face. By learning to question one's own thoughts, it is possible to correct many cognitive distortions.