

Decatastrophizing Cognitive Restructuring Worksheet

Instructions for Coaches

Decatastrophizing is a technique that helps clients address and challenge catastrophic thoughts by exploring realistic outcomes and coping strategies. Follow these steps to guide your client:

1. **Set the Tone:** Ensure the client feels safe to explore their fears and concerns.
 2. **Break Down the Thought:** Help the client articulate their catastrophic thought clearly.
 3. **Facilitate Exploration:** Use open-ended questions to help the client examine the likelihood and impact of their fears.
 4. **Encourage Realism:** Guide the client to consider alternative, more balanced perspectives.
 5. **Focus on Coping:** Collaborate with the client to develop practical coping strategies for worst-case scenarios.
 6. **Reinforce Positivity:** Help the client solidify a more realistic and empowering outlook.
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Decatastrophizing Worksheet

Step 1: Identify the Catastrophic Thought

Write down the worst-case scenario you are worried about.

Catastrophic Thought:

Step 2: Explore the Worst-Case Scenario

1. What is the absolute worst that could happen?
2. How would this worst-case scenario affect you in the short term? In the long term?
3. How likely is this outcome to occur (on a scale of 0-10)?

Worst-Case Details:

Step 3: Consider Alternative Scenarios

1. What is the best-case scenario?
2. What is the most likely outcome?
3. Are there other possibilities you might not have considered?

Best Case:

Most Likely Case:

Other Possibilities:

Step 4: Develop a Coping Plan

1. If the worst-case scenario happened, what steps could you take to cope with it?
2. Who or what could support you in managing this situation?
3. What resources or skills do you have to address it?

Coping Steps:

Support System:

Resources and Skills:

Step 5: Reassess the Fear

Reflect on the catastrophic thought after examining the evidence and creating a coping plan.

1. How has your perspective changed?
2. How intense does the fear feel now (0-10)?

New Perspective:

Updated Intensity:

Step 6: Create a Balanced Thought

Write a balanced, realistic thought based on your exploration.

Balanced Thought:

Step 7: Action Plan for Moving Forward

1. What steps will you take to reinforce this balanced perspective?
2. How will you remind yourself of your ability to cope with challenges?

Actionable Steps: