

# Catastrophizing Reframe Sheet

A Practical Guide to Reframing Negative Thought Patterns

## What Is Catastrophizing?

Catastrophizing is an unhelpful thinking habit where your mind jumps to the worst possible outcome.

### Examples:

- “If I mess this up, everything will fall apart.”
- “This is going to be a complete disaster.”
- “I won’t be able to handle this.”

Your brain is trying to protect you—but it’s overestimating danger.

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## Step 1: What Triggered the Spiral?

Describe the situation:

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## Step 2: What’s the Worst-Case Thought?

What is your mind predicting?

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## Step 3: Rate the Intensity

**How strong does this thought feel right now?**

0 (calm) \_\_\_\_\_ 10 (extreme panic)

**Rating:** \_\_\_\_ / 10

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## **Step 4: Reality Check**

**Ask yourself:**

- How likely is this outcome really? \_\_\_\_ %
  - Have I confused possibility with probability?  Yes  No
  - What evidence supports this fear?
  - What evidence does NOT support it?
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## **Step 5: Explore Other Outcomes**

**Write at least 2 more realistic possibilities:**

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**Bonus: What's the most likely outcome?**

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## **Step 6: If the Worst Did Happen...**

**How would you cope?**

**Who or what could support you?**

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## Step 7: Reframe the Thought

Turn the catastrophic thought into something balanced:

Instead of:

- “Everything will go wrong.”

Try:

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## Step 8: Ground Yourself

Right now, I can:

- Take a few slow breaths
  - Focus on what I can control
  - Take one small step
  - Remind myself: “This is a thought, not a fact”
  - Other: \_\_\_\_\_
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## Reflection

How do you feel after reframing?

- Less anxious
  - More in control
  - Clearer thinking
  - Still working through it
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## Reminder

Just because your mind imagines the worst... doesn't mean it will happen.

You are more capable than your fear suggests.

***“Pause. Question. Reframe.”***

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