Catastrophising is a cognition distortion that occurs when we assume the worst possible outcome of a situation, often believing it will be far worse than it actually is. **Decatastrophising** is a cognitive technique that involves examining the likelihood and realistic consequences of the feared event.

What is your worry?

How likely is it that your worry will come true? Give examples of past experience or other evidence to support your answer (whether it's likely or unlikely).

If your worry does come true, what's the worst that could happen?

If your worry does come true, what's most likely to happen?

If your worry does come true, how would you cope?

If your worry does come true, what are the chances you'll be okay...

In one week? ____% In one month? ____% In one year? ____%