

# Decatastrophizing

cognitive restructuring technique

Catastrophizing is a common cognitive distortion that involves exaggerating a problem or assuming the worst will happen. **Decatastrophizing** means actively pushing back against this fear-based thinking by evaluating the evidence.

**What are you worried about?**

**How likely is it that the worry will come true? Consider the evidence or past experience.**

**If your worry comes true, what's the worst that could happen?**

**If your worry comes true, what's most likely to happen?**

**If your worry comes true, what are the chances you'll be okay...**

In one week?

%

In one month?

%

In one year?

%