

Disputing Catastrophic Thinking

Instructions: When you are suddenly faced with a seemingly overwhelming – potentially catastrophic problem – complete this process. Make sure to handwrite your entries. Entering in a keyboard does not have the same impact.

What is the problem?

What is the worst possible scenario [outcome]?

What is the best possible scenario [outcome]?

What is the most likely scenario [outcome]?

What is my plan for the most likely scenario?

Action	Help/Resources Needed

I will review my plan with:

Suggested changes: