



Strategies For Reality Testing When You're Catastrophizing



Journal Your Thoughts and Counterarguments

Write down your anxious thoughts. When you identify a worry, particularly one that leans toward catastrophic thinking, jot it down. Once you've listed your fears, take a moment to reflect on each one.

Ask yourself: **What evidence do I have that supports this worry? What evidence contradicts it?** Then, write down counterarguments to your fears. This process can help you see that many of your fears are not only unlikely but also unfounded.

Assess the Likelihood and Impact

For each fear, assess two key aspects: the likelihood of the worst-case scenario happening and the potential impact if it does. Create a scale from 1 to 10 for both likelihood and impact, with 1 being very unlikely or low impact and 10 being highly likely or severe impact.

After rating your worries, reflect on whether your fears truly warrant the level of anxiety you're feeling. Often, you'll find that the likelihood is much lower than you initially thought, and even if the worst did occur, the impact may not be as catastrophic as imagined. This structured approach can provide clarity and help ground your thoughts in reality.

Consider Alternative Explanations

Recall past situations where you anticipated negative outcomes but ultimately your fear did not come true. Write down a few examples of times when things turned out better than expected or when you successfully coped with uncertainty.

Create a "success list" of these experiences to refer back to when you're feeling anxious. This can reinforce the idea that you are capable of handling whatever may come, helping to shift your focus from fear to confidence.



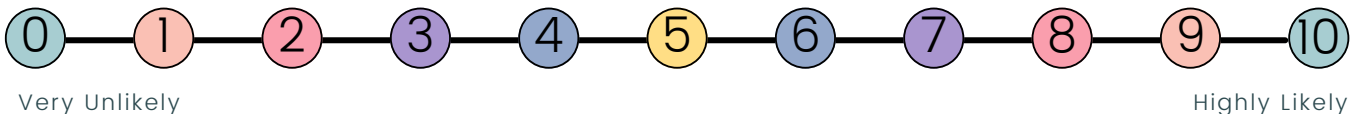
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● Anxious Thoughts

● Evidence to Support or Counter this Worry

● Likelihood of the Event Happening
& Potential Impact





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● Past Situations When My Fear Did Not Come True

● Success list

I am capable of handling whatever may come.
I've done it before and I'll do it again.