



STOP CATASTRO- PHIZING

IDENTIFY HOW YOUR CATASTROPHIC
THINKING IS HOLDING YOU BACK
AND REASSESS YOUR THOUGHTS.

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STOP CATASTROPHIZING

A note from your coach

How often do you have an event on the horizon causing you to feel nervous, worried, anxious, and apprehensive? How often do you reach the conclusion that everything is going to be a disaster and the subsequent consequences will be catastrophic?

Here's the thing. How often have your worst-case scenarios actually come to fruition? How much time have you wasted worrying beforehand?

Here's the same scenario, two different ways of thinking...

You have an important piece of work to present to your boss. You are worried that it won't be good enough and that you are going to come under heavy scrutiny and your filings will be exposed. You start to over-think and convince yourself it is all going to go horribly wrong.

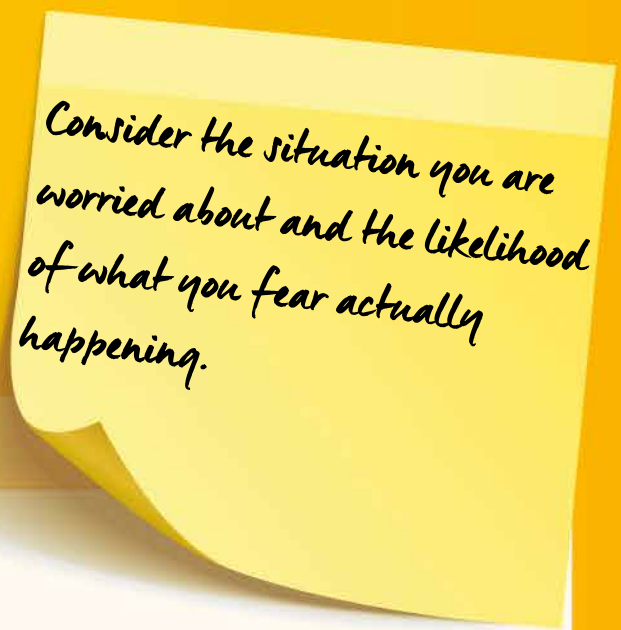
CATASTROPHIC THOUGHT

"I will inevitably fail to meet your boss's standards and that you will probably lose your job. This will lead to me being out of work, unable to pay my mortgage, and no-one will want to employ me. As a result, my house will be re-possessed and I will end up with no source of income and then homeless."

RATIONAL THOUGHT

"If I prepare my work thoroughly and in good time, I will be fine. My boss will know I'm nervous but this is acceptable and shows I care about doing a good job. I have felt apprehensive before and always come through the other side having done well."

Work through these questions to identify any catastrophic thoughts you have and gain an understanding of alternative ways of thinking about your situation, whilst acknowledging you do have options available.



Consider the situation you are worried about and the likelihood of what you fear actually happening.

WHAT IS THE SITUATION I AM WORRIED ABOUT?

WHAT DO I FEAR WILL HAPPEN?

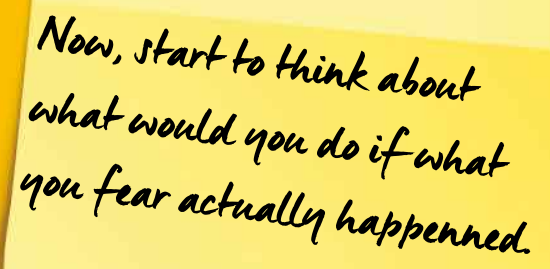
WHAT DO I PREDICT WILL HAPPEN?

WHAT IS THE LIKELIHOOD OF THIS HAPPENING?

HAS ANYTHING LIKE THIS HAPPENED BEFORE?

DOES THIS HAPPEN REGULARLY?

HOW REALISTIC IS IT THAT THIS WILL HAPPEN?



*Now, start to think about
what would you do if what
you fear actually happened.*

HOW BAD WOULD IT BE IF THIS DID ACTUALLY HAPPEN?

WHAT WOULD THE WORST OUTCOME BE?

WHAT WOULD THE BEST OUTCOME BE?

WHAT WOULD I SAY TO A FRIEND IF THEY WERE THINKING LIKE THIS?

WHAT WOULD SOMEONE I RESPECTED SAY TO ME ABOUT MY FEARS?

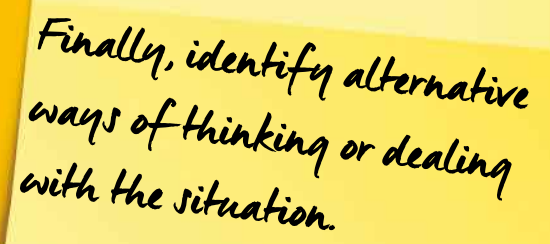
IF MY FEARS WERE REALISED, WHAT WOULD I DO?

HAS SOMETHING LIKE THIS HAPPENED BEFORE?

WHAT DID I DO TO HANDLE THE SITUATION?

HOW COULD I USE MY EXPERIENCE AND ABILITIES TO COPE?

WHO COULD SUPPORT ME IF THIS HAPPENED AND WHAT RESOURCES COULD I USE?



Finally, identify alternative ways of thinking or dealing with the situation.

WHAT WOULD BE A RATIONAL, BALANCED, OR ALTERNATIVE WAY OF THINKING ABOUT MY SITUATION?

WHAT CAN I SAY TO MYSELF TO FEEL REASSURED?

WHAT COULD OTHERS SAY TO REASSURE ME?

WHAT THINGS DO I NEED TO DO TO FEEL REASSURED?

HOW CAN I LOOK AFTER MYSELF TO FEEL IN A GOOD FRAME OF MIND?

BY COMPLETING THIS ACTIVITY, WHAT HAVE I LEARNT ABOUT MYSELF?

WHAT WILL I DO DIFFERENTLY IN THE FUTURE?



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