A PAUSE, A PRACTICE, A NEXT STEP

Catastrophizing

When one difficulty becomes the worst possible story.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

What it feels like

One mistake may seem to mean losing everything. The prediction can feel like a fact, even when you do not yet know what will happen.

01 / Notice and reflect

What is the fact, and what is the prediction?

02 / Notice and reflect

What would help if this became difficult?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Ask for support when frightening predictions repeatedly stop you from living your day. You deserve help with both real problems and the worry around them.

Read more: VA · Thinking patterns and recovery workbook

More tools and immediate support: Our Healing Room / Crisis Support.

U.S. crisis support: call or text 988. In immediate danger, call 911.