

Decatastrophization - The most likely scenario

Introduction

In order to face upcoming situations more calmly, the technique of "decatastrophizing" can be applied. It helps you to take a more realistic position and discover alternative courses of action.

Instruction

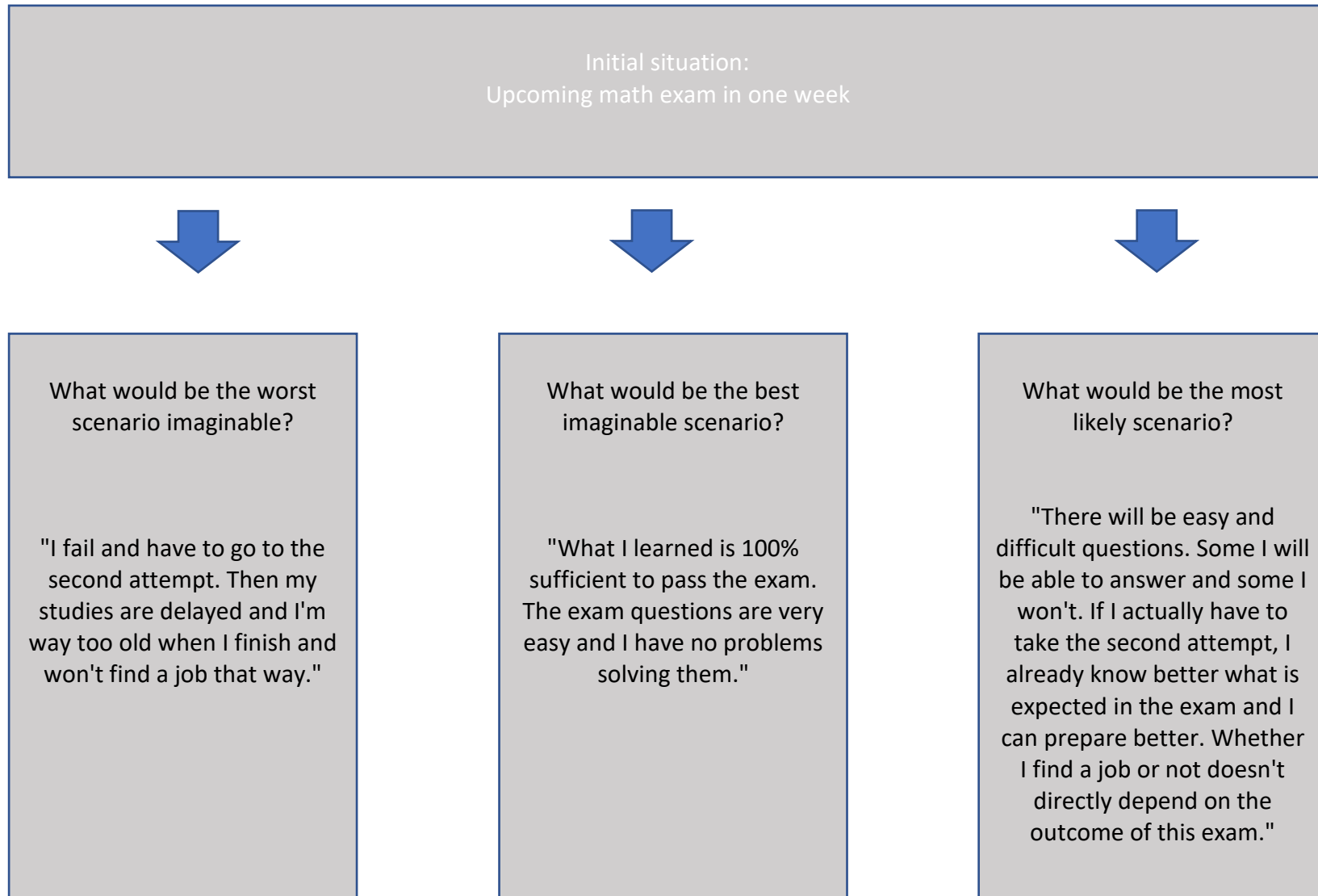
First, fill in the "Initial situation" box. Try to describe it as concretely as possible. What is in front of you? What decision or challenge are you facing? What situation are you about to overcome?

Next, please think of three possible initial scenarios:

- a) The worst case scenario: Now imagine the worst possible outcome of your current situation?
- b) The best scenario: Now imagine the best possible outcome of your current situation.
- c) The most likely scenario: Last, imagine what you think is the most likely outcome of the current situation.

Presumably, it now seems somewhat easier for you to view your initial situation in a more detached way and to face it more calmly.

Example:



Example:

