## 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:

# Initial situation: Upcoming math exam in one week







What would be the worst scenario imaginable?

"I fail and have to go to the second attempt. Then my studies are delayed and I'm way too old when I finish and won't find a job that way." What would be the best imaginable scenario?

"What I learned is 100% sufficient to pass the exam. The exam questions are very easy and I have no problems solving them."

What would be the most likely scenario?

"There will be easy and difficult questions. Some I will be able to answer and some I won't. If I actually have to take the second attempt, I already know better what is expected in the exam and I can prepare better. Whether I find a job or not doesn't directly depend on the outcome of this exam."

### Example:

