

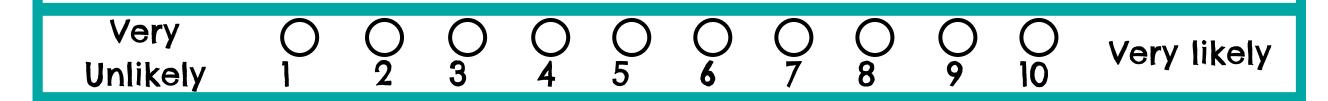
Scottish Centre for Conflict Resolution Improving Relationships, Improving Lives



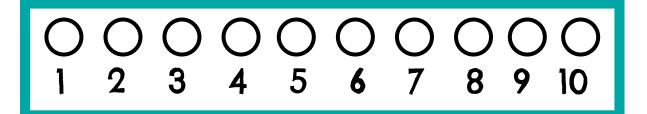
## DECATASTROPHISING THOUGHT CHALLENGE

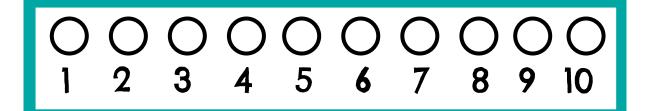
What are you worried about?



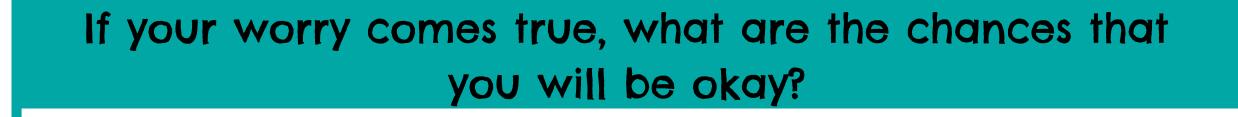


What is the worst possible outcome? How likely is it to happen What is the best possible outcome? How likely is it to happen





## What is the MOST LIKELY outcome?



In 1 week \_\_\_\_\_% In 1 month \_\_\_\_\_% In 1 year \_\_\_\_\_%

