

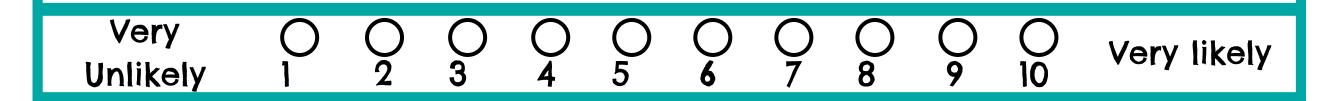
Scottish Centre for Conflict Resolution Improving Relationships, Improving Lives



DECATASTROPHISING THOUGHT CHALLENGE

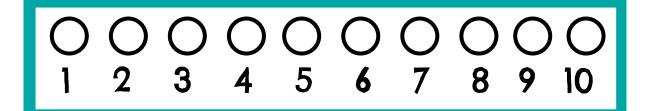
What are you worried about?



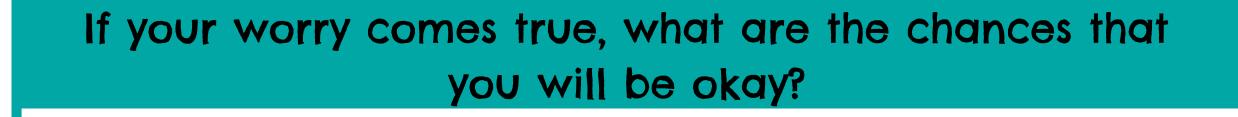


What is the worst possible outcome? How likely is it to happen What is the best possible outcome? How likely is it to happen





What is the MOST LIKELY outcome?



In 1 week _____% In 1 month _____% In 1 year _____%

