

Catastrophizing Worksheet

Worry topic _____

What is it that worries you about _____?

Reply: _____

What is it that worries you about _____?

Reply: _____

What is it that worries you about _____?

Reply: _____

What is it that worries you about _____?

Reply: _____

What is it that worries you about _____?

Reply: _____

What is it that worries you about _____?

Reply: _____

What is it that worries you about _____?

Reply: _____

What is it that worries you about _____?

Reply: _____

What is it that worries you about _____?

Reply: _____

What is it that worries you about _____?

Reply: _____

What is it that worries you about _____?

Reply: _____

What is it that worries you about _____?

Reply: _____

What is it that worries you about _____?

Reply: _____

What is it that worries you about _____?

Reply: _____

What is it that worries you about _____?

Reply: _____

What is it that worries you about _____?

Reply: _____

What is it that worries you about _____?

Reply: _____

What is it that worries you about _____?

Reply: _____

What is it that worries you about _____?

Reply: _____

What is it that worries you about _____?

Reply: _____

What is it that worries you about _____?

Reply: _____

What is it that worries you about _____?

Reply: _____

What is it that worries you about _____?

Reply: _____

What is it that worries you about _____?

Reply: _____

What is it that worries you about _____?

Reply: _____

Worry Domains Questionnaire (WDQ)

Circle the number that best represents how much you worry about the following:

“I worry...”

	Not at all	A little	Moderately	Quite a bit	Extremely	Domain
That my money will run out	0	1	2	3	4	Finances
That I cannot be assertive or express my opinions	0	1	2	3	4	Lack of confidence
That my future job prospects are not good	0	1	2	3	4	Aimless future
That my family will be angry with me or disapprove of something that I do	0	1	2	3	4	Relationships
That I'll never achieve my ambitions	0	1	2	3	4	Aimless future
That I will not keep my workload up to date	0	1	2	3	4	Work incompetence
That financial problems will restrict vacations and travel	0	1	2	3	4	Finances
That I have no concentration	0	1	2	3	4	Aimless future
That I am not able to afford things	0	1	2	3	4	Finances
That I feel insecure	0	1	2	3	4	Lack of confidence
That I can't afford to pay my bills	0	1	2	3	4	Finances
That my living conditions are inadequate	0	1	2	3	4	Finances
That my life may have no purpose	0	1	2	3	4	Aimless future
That I don't work hard enough	0	1	2	3	4	Work incompetence
That others will not approve of me	0	1	2	3	4	Lack of confidence
That I find it difficult to maintain a stable relationship	0	1	2	3	4	Relationships
That I leave work unfinished	0	1	2	3	4	Work incompetence
That I lack confidence	0	1	2	3	4	Lack of confidence

	Not at all	A little	Moderately	Quite a bit	Extremely	Domain
That I am unattractive	0	1	2	3	4	Relationships
That I might make myself look stupid	0	1	2	3	4	Lack of confidence
That I will lose close friends	0	1	2	3	4	Relationships
That I haven't achieved much	0	1	2	3	4	Aimless future
That I am not loved	0	1	2	3	4	Relationships
That I will be late for an appointment	0	1	2	3	4	Work incompetence
That I make mistakes at work	0	1	2	3	4	Work incompetence

Worry Stop Rule Worksheet

Think back to times when you have been worrying about something and were deciding whether to continue or stop worrying. For each statement below, use the following 1-to-5 scale to rate how frequently you use the stop rule (or how often you have that particular thought).

1 = This is not the kind of thing I think of at all.

2 = I think of this a little.

3 = I think of this moderately often.

4 = I think of this quite a bit.

5 = I think of this kind of thing a lot.

I must keep trying to think what I should do if this thing happens. (GD)	1	2	3	4	5
I just can't sit back and forget about it; this problem is serious. (GD)	1	2	3	4	5
I must find a solution to this problem, so keep thinking about it. (GD)	1	2	3	4	5
Stop worrying; things always work out for the best. (FLS)	1	2	3	4	5
This may never happen, so forget about it. (FLS)	1	2	3	4	5
I must keep thinking about this. What if I have forgotten something important? (GD)	1	2	3	4	5
Worrying isn't going to solve anything, so forget it. (FLS)	1	2	3	4	5
What's done is done. So what's the point in worrying? (FLS)	1	2	3	4	5
If I don't think this issue through properly, it's not worth me doing anything else. (GD)	1	2	3	4	5
I don't have time to think about this now. (FLS)	1	2	3	4	5
Don't worry about it; things will get better. (FLS)	1	2	3	4	5
I must try and think about the worst possible outcome, just in case it happens. (GD)	1	2	3	4	5
No sense in worrying; I'll be okay. (FLS)	1	2	3	4	5
Stop worrying. In the long run, this just won't matter very much. (FLS)	1	2	3	4	5
I must think everything through properly (GD)	1	2	3	4	5
I should just spend a little bit more time thinking this over. (GD)	1	2	3	4	5
Things will be okay, and worrying will not help anything. (FLS)	1	2	3	4	5
I must keep worrying about this; otherwise, things won't get done properly. (GD)	1	2	3	4	5
If I continue thinking about this problem, then I will be actively able to change what is happening to me. (GD)	1	2	3	4	5

Daily Worry Diary

Date: _____

Time	The Situation	What Am I Thinking?	What Do I Think Will Happen?	How Do I Feel?	Did This Worry Happen?

Marlene's Daily Worry Diary

Date: July 13, 2022

Time	The Situation	What Am I Thinking?	What Do I Think Will Happen?	How Do I Feel?	Did This Worry Happen?
8:00 a.m.	Leaving home for work	What if the car doesn't start?	I'll be late for work and miss my meetings.	Anxious, stressed	
9:00 a.m.	Daughter buying a new motorcycle	Motorcycles are dangerous. She'll have an accident and be killed.	I would miss her so much if she died.	Stressed, dread, sad	
11:00 a.m.	Having a break at work	Did I leave the oven on?	The stove will catch on fire and burn down the kitchen.	Anxious	
12:00 p.m.	Lunch with workmates	No one is talking to me.	They all dislike me, and I won't be invited to any social events.	Anxious, sad	
1:00 p.m.	Daughter hasn't responded to my texts	Has she had an accident?	She has had an accident and is in the hospital.	Anxious, stress, dread	
3:00 p.m.	Thinking about dinner	There is no food in the house.	The family will be hungry and be angry at me for not providing dinner.	Anxious	
4:00 p.m.	The basement window	I left the window open. What if there's a big storm?	There will be a leak, and the carpet will be ruined.	Anxious, stress	
7:00 p.m.	My partner hasn't arrived home on time	My partner is having a drink with a workmate.	My partner is having an affair and doesn't love me anymore.	Anxious, dread	
Midnight	In bed	I can't stop worrying about things. I won't get any sleep and won't be able to concentrate at work tomorrow.	My manager will sack me, and I'll lose my job, my income, and my house.	Anxious, stress, tired, overwhelmed	

Worry Categories Worksheet

Not Important	Important and Can Be Solved	Important but Cannot Be Solved

Example: Marlene's Worry Categories Worksheet

Not Important	Important and Can Be Solved	Important but Cannot Be Solved
<p>Did I leave the oven on? (The stove might catch on fire.)</p> <p>There is no food in the house (the family will shout at me).</p> <p>I left the basement window open (which could cause a leak and the carpet will be ruined).</p>	<p>What if the car doesn't start and I'm late for work?</p> <p>Workmates are not talking to me during the lunch break (they may all dislike me).</p> <p>I can't sleep and won't be able to concentrate on work tomorrow.</p>	<p>Daughter may be killed riding her new motorbike.</p> <p>Daughter hasn't responded to my texts (she may have had an accident).</p> <p>Partner hasn't arrived home on time (my partner may be having an affair).</p>

Worry Time Worksheet

Date:

My scheduled worry time:

My worry time duration:

My worries

Hypothetical Diary Entries

Imagine the following are entries from your diary. Read each entry and then decide whether the event would cause you some concern (worry) or not. If you are using a notebook, be sure to write the relevant letter (A, B, or C) next to each entry—you'll use these for scoring later. If you think the event would cause you concern, check the box marked "concerned" on the worksheet or note that in your notebook. If you do not think it would cause you any undue concern, check the box marked "unconcerned" on the worksheet.

Please select only one response for all entries. There are no right or wrong answers to this; just decide how you would feel in each case. Complete your responses before you read the information below on how to score this exercise.

	Date	Entry	Concerned	Unconcerned
B	Monday, May 23	I have so much work to do at the moment, and on top of all the essays that I have to write, we were told that we would be having a test next week too.		
A	Tuesday, May 24	My summer job applications are going well. So far, I have been offered second interviews by all three of the companies I'd most like to work for.		
C	Wednesday, May 25	I got an assignment back today and was surprised at the grade I received.		
C	Thursday, May 26	Mom had to take my little brother to the doctor today. The doctor was going to check his growth.		
B	Friday, May 27	I went to the hairdresser this morning, my new hairstyle is atrocious, and I look awful.		
C	Saturday, May 28	I got my first paycheck from my job today. When I got home, I was astonished to see how much was in it.		
A	Sunday, May 29	I went to Amanda's party last night; it was terrific.		
B	Monday, May 30	I have been feeling ill all day. If I still feel like this tomorrow, I will have to go to the doctor.		

	Date	Entry	Concerned	Unconcerned
A	Tuesday, May 31	It is a lovely day. I find it easy to be cheerful when the sun is shining.		
C	Wednesday, June 1	While on my way out tonight, I was stopped in the street.		
C	Thursday, June 2	The teams for the volleyball competition were announced today. I can't believe that I have been picked to play for the second team.		
A	Friday, June 3	I have just booked our summer vacation. I found a really good deal online for a two-week trip.		
C	Saturday, June 4	I was walking along the beach when I saw my friend, Helen, waving in the ocean.		
B	Sunday, June 5	We invited some friends over for a barbeque, but no one showed up.		
B	Monday, June 6	I received a letter from the bank this morning telling me that I have exceeded my overdraft limit and will have to pay quite heavy bank charges.		
C	Tuesday, June 7	I called the doctor today and was surprised to hear the results of last week's checkup.		
B	Wednesday, June 8	Not only was yesterday's meal out very disappointing, but I now also think that I have food poisoning.		
C	Thursday, June 9	My boss discussed the company's poor performance and agreed that I was the most responsible.		
C	Friday, June 10	On my first night as a chef in the restaurant, I was called to diners' tables twice.		
C	Saturday, June 11	At the reception, I stood up and made a speech, which made everybody laugh.		

	Date	Entry	Concerned	Unconcerned
A	Sunday, June 12	I really enjoyed seeing my old school friend, David, last night. It has been at least a year since we last got together.		
B	Monday, June 13	While I was at the water cooler, I overheard my workmates saying how much they disliked me.		
C	Tuesday, June 14	My performance in the play was commented on by everyone.		
A	Wednesday, June 15	A group of friends and I had planned a weekend away at the beginning of next month. Unfortunately, it has to be postponed for a couple of weeks, and I won't be able to go now as I am working.		
C	Thursday, June 16	On walking into the bank, I saw the bank teller handing over lots of money to a man.		
A	Friday, June 17	I was really pleased when I passed my driving test today. This calls for a big celebration.		
A	Saturday, June 18	I had a successful shopping trip this afternoon and bought a beautiful outfit to wear to my cousin's wedding.		
B	Sunday, June 19	As I walked along the lake, I slipped and twisted my ankle. It really hurts.		

Add up the number of times you checked “CONCERNED” for the items marked “A,” then do this separately for all items marked “B,” and then for all items marked “C.” Write your total CONCERNED scores for A, B, and C in the appropriate boxes below.

“CONCERNED”		
A	B	C

Problem-Solving Worksheet

<p>Step 1. What is your worry?</p> <p><i>What is the worry you would like to solve?</i></p>	
<p>Step 2. What do you want to achieve?</p> <p><i>What do you want to change or achieve? (Try to set a precise goal, not simply just feeling better.)</i></p>	
<p>Step 3. Brainstorming solutions</p> <p><i>Try to think of several possible ways you might solve your worry.</i></p>	
<p>Step 4. Evaluating potential solutions</p> <p><i>List the positive and negative consequences of each of your potential solutions.</i></p>	
<p>Positive</p> <p>1.</p> <p>2.</p> <p>3.</p> <p>4.</p> <p>5.</p>	<p>Negative</p> <p>1.</p> <p>2.</p> <p>3.</p> <p>4.</p> <p>5.</p>

Step 5. Selecting a solution

Choose your solution. Make a clear choice and set a time limit for achieving your goal (in step 2).

Step 6. Planning the solution

What practical plans do you need to make to implement your solution? What resources do you need? What will you do, when, and who with?

Step 7. Implementation

Do it! At this stage, don't worry about being successful, but write down any difficulties you might have had in implementing your solution.

Step 8. How did it go?

If your solution worked, that's great! If it didn't, go back to step 4 and try another solution. Write down what you've learned from attempting this solution and use it as a learning exercise.