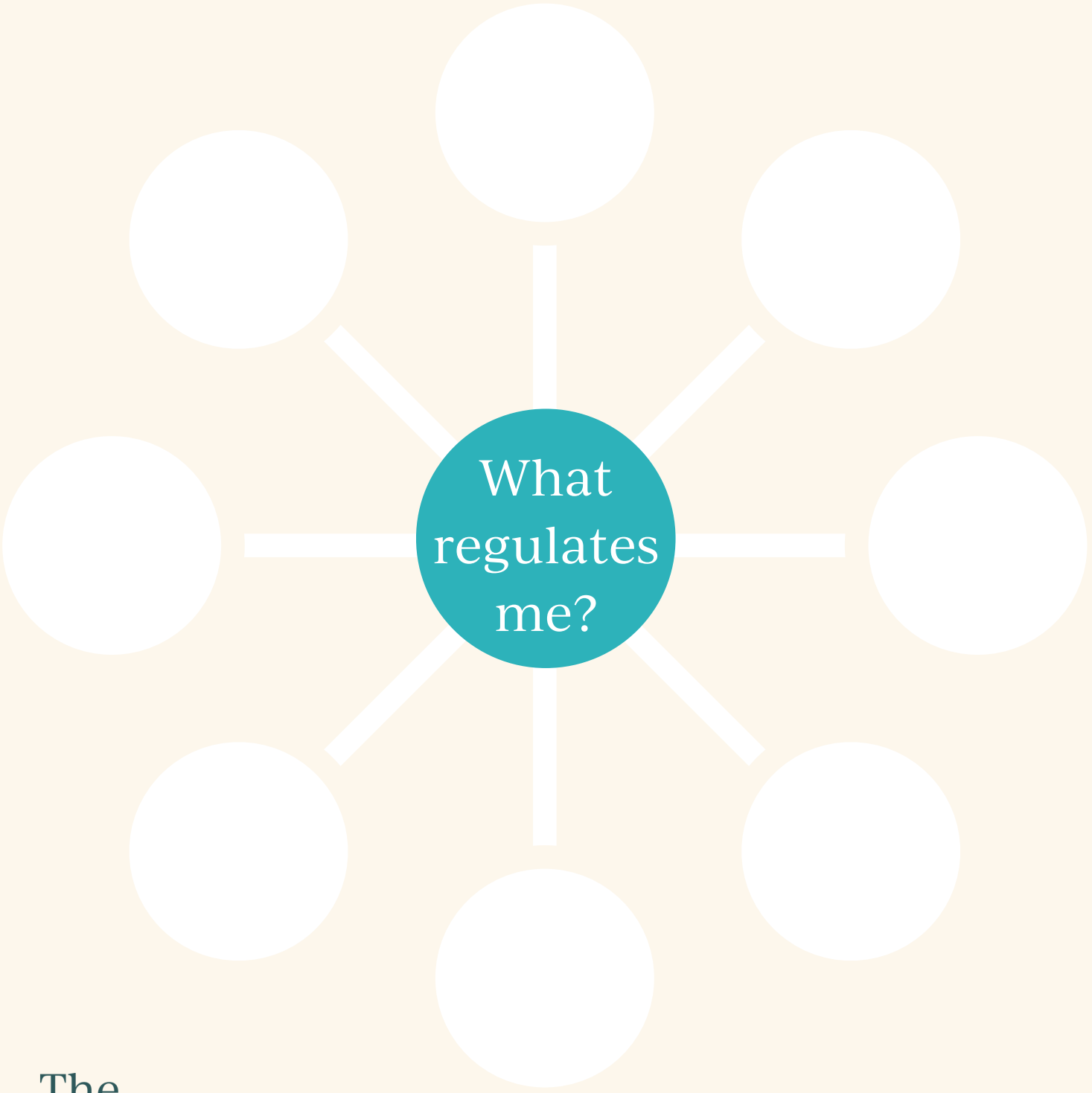
Catastrophising

We catastrophise when we feel emotionally unsafe, unprepared or fearful about a situation. It is our minds' way of preparing us for every negative eventuality because deep down we don't feel confident our ability to cope.

The first thing we get all our clients to do is to work on their emotional regulation. One tool you might find useful is to create an emotional regulation toolkit. Simply consider all the things that you find calming and comforting so you can priorotise these things when you feel yourself spiraling.



Catastrophising

Another useful tool to use when your brain starts going to the worst case scenario, is to try to find the gift or opportunity in that situation. An example might be, “I won’t know anyone when I get there and I’m just going to stand by myself all evening looking stupid”. Consider what the gifts or opportunities of that situation might be. For example:

- I will be so proud of myself for showing up
- I will know where the venue is and where to park for next time
- I can take the time to observe and learn about the event
- I can spot other people who look as lost as me and say "hi"
- I get to enjoy a nice meal

Give it a go

What is the negative thought?

What gifts/opportunities could come from the situation instead?

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