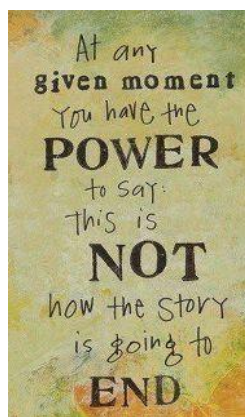


Mindful Practice Group Worksheet

04/7/2016 - Catastrophizing

Quotes



“Do not anticipate trouble, or worry about what may never happen. Keep in the sunlight.”

Benjamin Franklin

Lost your pen, no pen
No pen, no notes
No notes, no study
No study, fail
Fail, no diploma
No diploma, no work
No work, no money
No money, no food
No food, you get skinny
Skinny, then you get ugly
Ugly, no lover
No lover, no marriage
No marriage, no children
No children, alone
Alone, depression
Depression, sickness
Sickness, death.

lesson:
Don't lose your pen :D

MAKEMESTFU.COM

For the group – have you got any examples when you've catastrophized?

Exercise

1. **Recognise** the feelings that you are having, that these are a symptom of your catastrophisation.
2. **Practice** – create a strong vision to associate with these feelings. This could be a loud siren going off in your head; a large neon STOP sign flashing noisily before you.
3. **STOP**
4. **Ask yourself** what you are thinking, challenge that thinking. For example, if your partner is half an hour late from home and hasn't called you, is it likely they got held up in traffic, a more realistic scenario than they might have been in an accident/be having an affair/be deliberately disrespecting you by being late?
5. **Reward** – Think of a progressive, positive, encouraging statement that you can say to yourself in that same situation in the future – for example, “I am recognising when my thinking is not helpful, I am now able to challenge that thinking.”

Meditation

Today's

<https://www.youtube.com/watch?v=TS7BOC8mKY4> – lovely sounds of summer (as we aren't having much of one!)

To try

<https://www.youtube.com/watch?v=EPWpV064K24> (For clearing negativity)

Links

<http://www.positivityblog.com/index.php/2014/04/02/catastrophizing/>

<https://www.thewellbeingtherapycentre.co.uk/catastrophising-an-unhelpful-thinking-style/>

<http://greatist.com/happiness/thinking-negative-thoughts-mindfulness-meditation>

I've got 99
problems and
86 of them are
completely
made up
scenarios in
my head that
I'm stressing
about for
absolutely no
logical reason.