AMERICAN PSYCHOLOGICAL ASSOCIATION

NAME: _____

Challenge Questions Worksheet

Write down one ***Catastrophizing*** thought you might have (could be real or made up); something like "My friend didn't call me but they said they would so they must not like me:"

Next, answer these Challenge Questions:

What is the worst thing that can happen?

What are the chances the worst thing will happen?

What are more realistic possibilities of what would happen?

If that happens, does it really mean [what your catastrophizing thought is?].

What can I do to make it better?

What would I suggest my friend do if they were worried about this?

Write down one ***Filtering*** thought you might have (could be real or made up); something like "I didn't know that answer when the teacher called on me so my whole day is ruined."

Next, answer these Challenge Questions:

Am I only focusing on one part of my day or the experience?

Am I looking at the whole picture?

Is there another way to think about the situation?

What would I tell my friend who was focusing on what didn't go well?

What other challenge questions can you come up with for *Catastrophizing* or *Filtering* thoughts?