

## Cognitive Reappraisal Strategies Worksheet

### Countering Probability Overestimation:

#### Learning to Re-evaluate Jumping to Conclusions

The first cognitive reappraisal skill is *countering probability overestimation*, or learning how to reevaluate jumping to conclusions. After identifying the automatic appraisal, the next step is to realistically examine the probability of that outcome actually happening. Essentially, you want to look for evidence from the past or present to test how likely it is that your belief/fear will actually come true.

1. Do I know for certain that \_\_\_\_\_ will happen?
2. Am I 100% sure these awful consequences will occur?
3. What evidence do I have for this fear or belief?
4. What happened in the past in this situation?
5. Do I have a crystal ball? How can *I be sure that I know the answer*?
6. Could there be any other explanations?
7. How much does it *feel* like \_\_\_\_\_ will happen?
8. What is the *true likelihood* that \_\_\_\_\_ will happen?
9. Is my negative prediction driven by the intense emotions I'm experiencing?
10. Is \_\_\_\_\_ really so important or consequential?

### Decatastrophizing:

#### Learning to Reevaluate Thinking the Worst

The second cognitive reappraisal skill is *decatastrophizing*, or learning to re-evaluate thinking the worst. Once you have identified the core automatic appraisal, the next step is to realistically examine the evidence based on how you have coped in the past if something similar has occurred.

1. What is the worst that could happen? How bad is that?
2. Has \_\_\_\_\_ ever happened in the past?
  - a. If yes, how did you cope with it? How did you handle it?
  - b. If no, how do you think you'd cope with it or handle it now?
3. If it did happen... So what? \_\_\_\_\_
4. Even if \_\_\_\_\_ happens, can I live through it?
5. Is \_\_\_\_\_ really so terrible?

©2021. The Renfrew Centers. All Rights Reserved.