

SHEET 16 Decatastrophising worksheet

Often if you are in pain it's easy for your mind to keep jumping to the worst possible scenario: this is known as catastrophising. Research has shown that these thought patterns are unhelpful and can actually exacerbate and prolong our pain conditions. If you find this is a habit for you, the following worksheet may be helpful:

- Specify the catastrophic thought clearly.
- Challenge the truth of this statement.
- Come up with three positive alternative statements.

Example:

- Specify the catastrophic thought clearly, i.e. 'What if my back never gets better?'
- Challenge the truth of this statement:
 - 'My back has been bad before and got better in a few days.'
 - 'My massage therapist told me about research that showed that almost all cases of back pain get better in days or weeks.'
- Come up with three positive alternative statements:
 - 'I am likely to get better in a few days.'
 - 'Even though I am in pain I can still go to work.'
 - 'There are lots of things I can do for myself to help the pain.'