

The Disaster Scenario

Think about a situation in your life that is a major source of worry or anxiety for you.

What do you imagine is the worst thing that could happen in this situation?

What are three things you could do to respond?

- 1.

- 2.

- 3.

What do you imagine is the most likely thing that could happen in this situation?

What are three things you could do to respond?

- 1.

- 2.

- 3.