Turning Catastrophic Thinking On Its Head Exercise

STEP 1: (This is a Pre-Step) You may want to co-create awareness that your client has slipped into Catastrophic Thinking

STEP 2: Identify the "Meh" or "Not-So-Good" Worry (that either HAS already happened or is simply just a future worry)

"I am worried that _____ will (or did) happen"

(EXAMPLES: my launch won't go well; my friend got really angry at me; my partner will be really upset with me, I didn't make enough money this month; my boss will not like my work; my teenager will fail her class, etc)

STEP 3: Identify the Catastrophic Thought(s) that the Client is Attaching to the Smaller Worry

"And if that happens (smaller worry from STEP 2), then _____will happen."

(EXAMPLES: my business will fall apart, and I'll never have meaningful work, I'll lose that friendship and all friendships, my marriage will end, and I'll be alone forever, I won't ever be able to buy groceries, I'll lose my job and never get another one, my teenager will never have a meaningful life, etc)

STEP 4: Support client to see that they are attaching the worry about something not great happening to Catastrophic Thinking. This awareness can help them detatch the two things from each other and move away a bit from the catastrophic fear.

STEP 5: If the worst happens, what resources will you have no matter what that let you know you can start again and you will be OK?

"Ok, so let's imagine the worst has happened. What resources will you have no matter what that let you know you can start again and you will be OK?"

And have the client write out all of their inner and outer resources that can't be taken away, even if something terrible happens.

Example for: "If my business falls apart, what resources will I still have that let me know I can start again?"

My Creativity
Knowledge of shadow
Friendliness and ability to make connections
SD trainings and knowledge
Intuition
Sales knowledge
Not EVERYONE of my old clients will hate me; I've got connections
My interest in many different things in case it's not EXACTLY this business
I'm a great writer

STEP 6: What is possible with these resources if you had to start from scratch otherwise tomorrow?