

When Your Mind Jumps to the Worst

Puts the worst case next to the likely one, so both are on the page.

WHEN TO USE THIS

Use this when your head has run to the worst ending and stayed there.

What is the situation your mind is running ahead about?

Fill in a line for each worry that is loud right now.

WORST CASE	MOST LIKELY	WHAT I WOULD DO

How much does the worst case feel like the truth right now?

0	1	2	3	4	5	6	7	8	9	10
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Not much

It feels certain

What have you already gotten through that felt this big at the time?

Your mind is trying to keep you safe. It is only bad at guessing the odds.