

Perspective Taking Worksheet

Our minds sometimes exaggerate the likelihood of something bad happening, and also how bad it would be if it did happen. That's normal and natural – its jus what minds do.

Many people have found it helpful to ask themselves the following questions:

What is the bad event I'm thinking will happen

How likely is it that this bad thing will happen?

0 Won't
1
2 Unlikely
3
4
5 50/50
6
7 Probably
8
9
10 Definitely Will

How bad would it be if this thing did happen

0 Not bad at all
1
2 Somewhat, but easy to cope with
3
4 Moderately. Worse things could happen. I'd cope
5
6
7
8 Very bad. Difficult to cope with
9
10 Worse possible thing ever

What thoughts/ beliefs would help me cope if this bad thing happened?

What advice would I give to good friend in my situation?

What 2-3 things would I actually do if this thing did happened, to help me cope with it?

What 2-3 things might I do now, to reduce the chances or prepare for this thing happening?

How much will this matter in 5 years time?

Who could I talk with about this situation?

What else might be helpful?