



Transforming Catastrophic Thinking

I used to say this ...

Instead, I now choose to say ...

It is/was awful.

It is/was terrible.

It is/was horrible/horrid.

I can't take it any more.

I'm getting desperate.

I hate her/him/it.

I'm beyond help when it comes to ...

I can't possibly be/do/have ...

It'll take forever/ages.

It is/was unbearable.

She/he/it's unbearable/killing me.

I could never ...

I'm hopeless.

I can't live without her/him/it.

I'll always be/do/have ...

It will never/could never happen.

It's impossible.

I'm starving (when hungry).

I'm so depressed (when down).

It's exhausting/killing me (when exercising).

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