

REBT Catastrophizing

Name: _____

Situation	Rational Belief	Extreme Belief
The girl you like is talking to someone else.		
Your friend that you just hung out with gets sick.		
You see a hurricane is forecasted to come close to where you live.		
Your boss doesn't say good morning to you		
Your friend shows up late to pick you up		
You met a new person and they didn't smile at you while talking to you.		
You're 1 interview away from getting a potential job offer.		
You have been working out for 3 weeks and don't notice any results.		