

BEST CASE/WORST CASE/MOST LIKELY

Practice putting your worries into perspective by filling out this chart.

Best Case	%	Worst Case	%	Most Likely	%

Given the Most Likely scenarios, I can...

Step by Step Process:

1. Identify the Adversity and recognize catastrophizing or intense worry
2. List the Best Case thoughts in progressive order
3. Identify percentage likelihood of Best Case scenarios given the Adversity
4. List the Worst Case thoughts thoughts in progressive order
5. Identify percentage likelihood of Worst Case scenarios given the Adversity
6. List the Most Likely thoughts in progressive order
7. Identify percentage likelihood of Most Likely scenarios given the Adversity
8. Create an action plan based on the Most Likely scenarios

Adapted from *The Resilience Factor* by Karen Reivich and Andrew Shatte