

Worksheet: Is It a Real Problem or a Brain Drama?

Your Brain Loves Worst-Case Scenarios

Purpose: To help you recognize when your brain is creating a worst-case scenario and gently bring yourself back to reality.

1. What Situation Is Your Brain Being Dramatic About?

What is something you're currently worried about, overthinking, or stressing over?

2. Write Down Your Worst-Case Scenario

If your brain had its way, what dramatic story is it telling you?

"I'm worried that..."

3. Let's Reality Check It

How likely is this worst-case scenario to actually happen?

- ☐ Very Likely
- ☐ Somewhat Likely
- ☐ Unlikely
- ☐ My brain is absolutely being dramatic

4. What's the Most Likely Outcome?

Instead of the worst-case scenario, what is the most realistic outcome?

5. If the Worst Happened...

Let's give yourself some credit. If the thing you're worried about *did* happen, how would you handle it?

What strengths would help you get through it?

- ☐ Resilience
- ☐ Problem-solving
- ☐ Humor
- ☐ Support from others
- ☐ Experience
- ☐ Patience
- ☐ Other: _____

6. What Is Actually In Your Control?

Circle the things you can control:

My attitude
My preparation
Other people's reactions
My effort
The future
My response
Someone else's opinion
My choices
Everything

7. Give Your Brain a New Message

Complete this sentence:

"Thank you, brain, for trying to protect me, but..."

Takeaway

Just because your brain imagines it doesn't mean it's going to happen.

Your brain's job is to look for danger.

Your job is to decide whether the danger is real.

And most of the time, you're far more capable than your worries give you credit for. ✨🧠💛