

## **STRATEGY #1: THE CATASTROPHE SCALE**

People regularly become worked up about chronic daily hassles that are blown way out of proportion to their actual significance thus lowering their resistance. The Catastrophe Scale allows you to regain perspective, and place many adverse life circumstances in context from a more rational vantage point, and is an important resiliency building skill.

Here is how it works. Use the downloadable form to help you work through this very simple process.

This procedure **alone** will allow you to soften *many* of your daily life hassles and become much more detached from toxic interactions with others which you have little or no control over. Use it as a first step whenever you feel negative emotions escalating.

## **CHALLENGE**

Practice Catastrophe Scaling for 21-30 days. It will expand your perspective, and reduce the chances that you will overreact in the future.

If the adversity is truly significant in your life, then utilize the other tool described in this section to help re-frame self-defeating ideas and replace them with “PATS” (Positive Adaptive Thoughts).

**STRATEGY #1: THE CATASTROPHE SCALE FORM**

After an Adverse Event has occurred and you notice yourself escalating emotionally, try the following.

1. Briefly describe a current Adverse Event in writing on the grid below.
2. Take three deep breaths; then stop and listen to your inner self-talk.
3. Ask yourself: How **truly** important is this to my life on a 1 to 10 scale?
4. Rate the significance of the **event** somewhere between a “1” (of absolutely **no** importance) and “10” (of **great** importance to my life and happiness).
5. If your rating is “5,” or less, take 3 further breaths and “let go” of the issue by saying to yourself several times: “**I have to pick my battles.**” and/or, “**This isn’t worth disturbing myself over,**” and/or, “**I refuse to let this situation get me more distressed than is good for me.**”

Note: If your rating is **more** than a “5,” you’ll soon learn to use other resiliency skills to better manage your mood and emotions.

**Event:** \_\_\_\_\_

1	2	3	4	5	6	7	8	9	10
<i>Little or No Importance</i>					<i>Of Great Importance</i>				

**Event:** \_\_\_\_\_

1	2	3	4	5	6	7	8	9	10
<i>Little or No Importance</i>					<i>Of Great Importance</i>				

**Event:** \_\_\_\_\_

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