

CATASTROPHISING

When an open-ended moment gets followed straight to its worst ending.

IN PLAIN ENGLISH

An ambiguous message arrives. Your mind writes the ending.

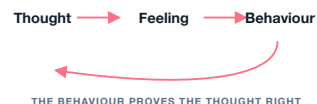
It picks the worst one, and then rehearses it.

"Can we chat tomorrow?" is a sentence, not a verdict.

THE CLINICAL NAME

Catastrophising

Threat forecasting. The brain treats a vivid imagined disaster as information worth preparing for, so the body responds as though it has already happened. You pay the full emotional cost of an event that has not occurred and usually will not. Most chats really are just chats.



HOW IT RUNS *A one-line message from your boss at 5pm*

THE VERDICT

THE NEXT STEP

THOUGHT

"I am being performance-managed. I will lose the house."

"Unclear message. Most likely a scheduling question."

FEELING

Dread all evening. Broken sleep. Rehearsing defences.

Slightly on edge, but present at dinner.

BEHAVIOUR

Draft resignation emails. Google your rights at 1am.

Prepare one page of notes. Go to bed.

THREE TOOLS

- 1 Ask what is likely.** Not the worst case — the ordinary case. Say it out loud.
- 2 Give it a number.** Rate the odds honestly. Fear rounds everything up to certain.
- 3 Book the worry.** Ten minutes tomorrow at a set time. Not the whole night.

A MUSLIM LENS

Waiting on a result, the mind runs every ruin — and the du'ā' becomes a negotiation with a disaster you invented.

Tawakkul with the camel tied — Do your part properly, then genuinely hand the outcome over.

Dhikr for the loop — A fixed phrase, repeated, gives the rehearsing mind somewhere else to be.

Then sleep — Rest is worship when panic is calling it irresponsible.

Trust is not pretending nothing can go wrong. It is refusing to live it twice.

THIS WEEK When your mind jumps to the worst ending, write the most likely ending underneath it.

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