



A 5-MINUTE TOOL FOR HARD DAYS

Catch the Catastrophe

When you live with chronic pain, your mind learns to brace for the worst. This is an important skill for loosening that grip — a way to meet the spiral and stay steady, one day at a time.

CATCH IT

1

Tun in to your internal dialogue. Notice the spiral thought. *“This will never end.” “I will always be in pain. .” “It’s only going to get worse.”* Just naming it as a catastrophic thought changes the way your brain categorizes it.

NAME IT

2

That’s *catastrophizing* — your brain is doing its job too well, scanning for the threat to keep you safe. Naming the pattern turns it from *the truth* into simply *a thought*. ***Don’t believe everything you think!***

REFRAME IT

3

Swap it for something true *and* workable: *“This is a hard flare, and flares pass.”* Not forced positivity — just honest, and survivable.

PRACTICE IT — EVEN WHEN YOU DON’T BELIEVE IT

4

The first time, your mind may say *“I don’t buy it.”* That’s normal — do it anyway. This isn’t about believing the reframe on day one. It’s a muscle, built through reps, not faith or immediate change. The belief comes *later*, from the repetition.

“You’re not failing if the reframe doesn’t feel true yet. You’re not supposed to believe it the first time — you’re supposed to practice it. Like any muscle, it gets stronger with reps, not with faith. The practice is the point.”

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