

Put it in **Perspective** to Enhance Ethical Decision-making

Types of **Catastrophizing**

The three styles of catastrophizing are downward spiral, scattershot, and circling.

Put it in **Perspective** Why This Helps With Ethical Decision-Making

Take the time to put it in perspective so you can take purposeful action.

Catastrophizing is when you waste critical energy worrying about the irrational worst-case outcomes of a situation, which prevents you from taking purposeful action.



**DIRECTORATE OF
PREVENTION, RESILIENCE
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