Worst Case Scenario

There are thoughts in our heads that creep in when we least expect it. They can make us worried, scared and paranoid. We call these thoughts our **“Worse Case Scenario Thoughts” (WCST)**. These thoughts influence our feelings and behaviors, can make us believe things that are not true, or make us feel bad about ourselves. WCSTs lead you to think you know what someone is thinking and although these thoughts can feel true, they almost never are.

**How does this relate to bullying?** Relational bullying is often the result of a misunderstanding between friends. These misunderstandings usually happen because someone acted on their “worst case scenario thoughts”. When this happens they may react by gossiping, excluding or withdrawing their friendship.

The best thing you can do is work on recognizing your WCSTs. Once you understand that the thoughts in your head may not be true, you will be better able to change those thoughts into:

* Something positive
* A different perspective
* Something more reasonable

**GOAL:** The following activity will help you spot the WCST, understand how these thoughts can affect someone, and how to change the thought into something more positive.

*Read each statement and identify the WCST, the feeling or action that might happen because of the WCST, and then change the thought into something more positive, a different perspective, or into something more reasonable.*

**EXAMPLE**

**1) Julian just ignored me in the hallway, he must be mad at me!**

WCST: He must be mad at me!

FEELINGS & ACTIONS: Upset, worried, might ignore Julian now since he ignored him first.

CHANGE: There is no reason for him to be mad at me, it was loud in the hallway, maybe he didn’t hear me.

**2) My friends are whispering to each other and looking at me, they must be talking about me!**

WCST:

FEELINGS & ACTIONS:

CHANGE:

**3) Today, every time I try to talk to Liam, he doesn’t say much. He can be a real brat.**

WCST:

FEELINGS & ACTIONS:

CHANGE:

**4) Andrew is mad at me and now I can tell everyone is looking at me. He must have told everyone what happened.**

WCST:

FEELINGS & ACTIONS:

CHANGE:

***Now that you know what the “Worst Case Scenario Thought” looks like, applying this to your own thoughts will help you catch the thought in action.***

1) List two times in the past week you have had a WCST in your head

1)

2)

2) Sometimes people ask, “*Well what if they really were mad, or whispering about me, or ignoring me on purpose, the voice is right then, right?”* Not exactly. The feelings and actions that happen after WCST are almost never positive. These thoughts can make us feel bad and almost always makes the situation worse.

Think about the feelings and actions that followed each of your WCST listed above and write them down.

 1)

 2)

3) Why can these thoughts and feelings make the situation worse and why are they not always “right”?

4) Now, change your WCST into something positive, a different perspective, or something more reasonable.

 1)

 2)