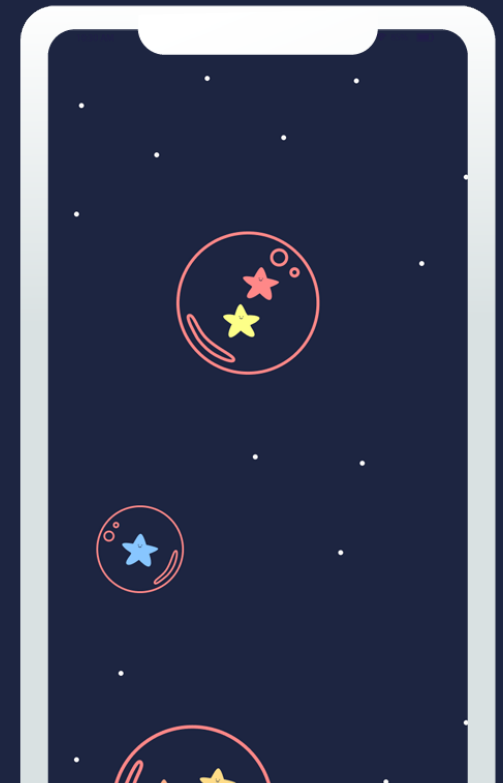
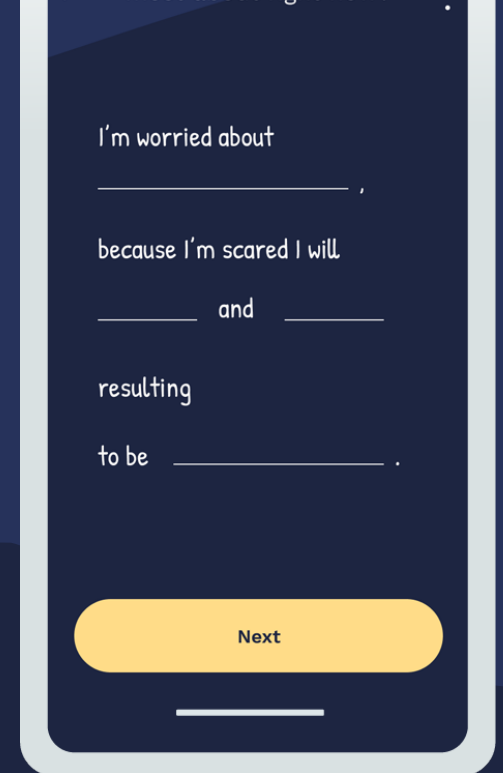
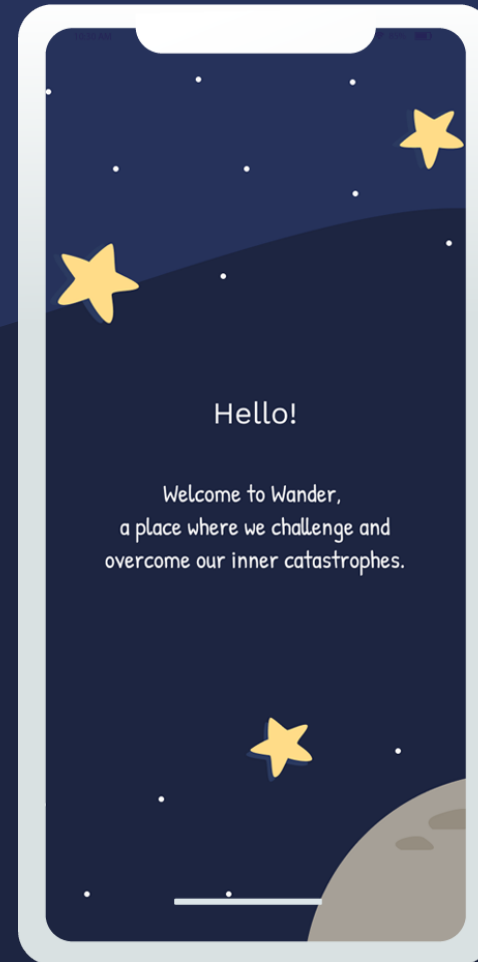


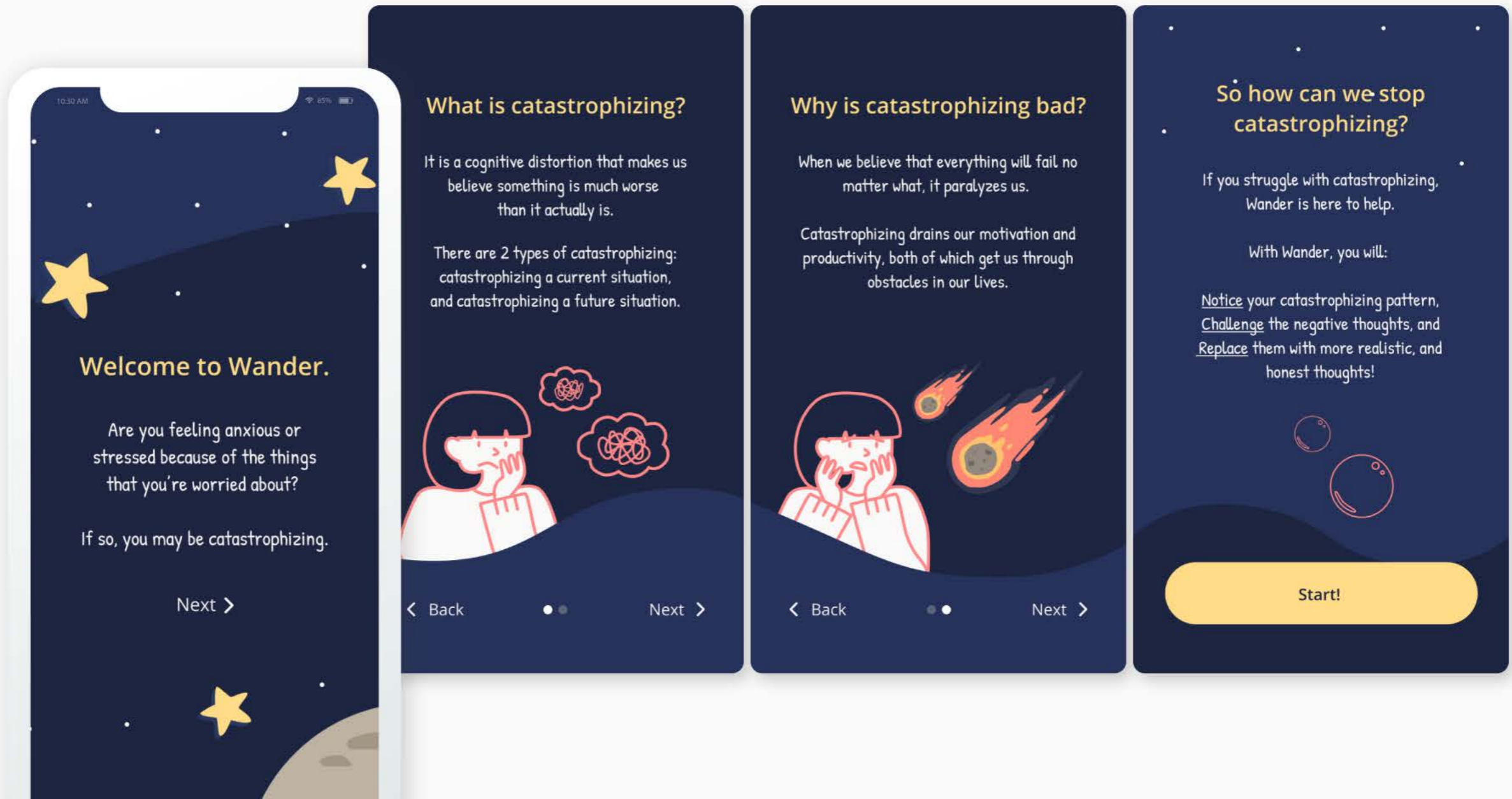
Wander

Making de-catastrophizing exercise simple and delightful



Learn what catastrophizing is.

Reflect and see if catastrophizing is a part of your negative thinking patterns.



Worried about something? Let's talk about it.

Fill in the blanks of the "worry form" to clarify and summarize your worries.



10:30 AM 83%

What are you worried the most about right now?

I'm worried about _____,

because I'm scared I will _____ and _____,

resulting _____,

to be _____.

Next

A stylized illustration of a meteor streaking across a dark blue night sky filled with small white stars. The meteor has a bright orange and red tail and a grey, cratered head.

"I'm worried about **thesis presentation**, because I'm scared I will **stutter** and **forget the material**, resulting the presentation to be **a failure**."

Next

Expand on and dismantle your worries, until they become less catastrophic.

You're afraid that you'll do these things that'll result in a catastrophe.

stutter
forget the material

Are these things that happen often during thesis presentation(s)?

Write your thoughts... |

Next

Let's define this catastrophe.

a failure

What does a failure mean for thesis presentation?

How realistic is this catastrophe, really?

Write your thoughts... |

Next

If you can, think back to the times you experienced this.

thesis presentation

On average, how long were you affected by them for?

_____ Hours ▲
Days
Weeks
Months
Years

Next

Everything is going to be okay. As it has been.

After the worry form, fill out something similar, but this time for a more realistic, and honest outcome of your worries.

Play a mini game where you turn meteors into bubbles.

What would be the most likely to happen?

this presentation makes

me feel uncomfortable,

but I'll try my best by

and _____.

And it's okay even if it's

a failure, because I'll gain

_____ from the

experience. This won't affect

me for more than 2 days.

Tap on the meteors to stop them!



"The presentation makes me feel uncomfortable, but I'll practice lots and understand my material to try my best."

"And it's okay even if it's a failure, because I'll gain public speaking skills from the experience."

< Back to records

Sunday, April 12

4:50pm

THESIS PRESENTATION

Worry Summary



"I'm worried about **thesis presentation**, because I'm scared I will **stutter** and **forget the material**, resulting the presentation to be **a failure**."

Reassurance



"The presentation makes me feel uncomfortable, but I'll practice lots and understand my material to try my best."

"And it's okay even if it's a failure, because I'll gain public speaking skills from the experience."

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stutter forget the material

"These don't happen all that OFTEN as long as I look over the material at least once before presenting. I think I just get obsessed with the thought of making mistakes, which actually becomes a distraction when I present."

a failure

"In this context, failure would mean that.. I just stop presenting? I stutter, and just, drop the whole thing and go home, and get a 0 on the presentation. I guess this technically isn't the most realistic thing to happen. Chances are I'll just cringe for a moment and keep presenting."

At most, this event will affect me for **2 days**.

Record your de-catastrophizing journey.

The activity is stored in the form of a receipt that you can revisit.

Thought journaling is one of the most effective ways to evaluate your thinking patterns, and to realize patterns to improve.



Sort your worry records into different categories.

The image displays three mobile app screens, each representing a different category of worry records: School, Work, and Social. Each screen has a header with a menu icon and the category name, followed by a decorative banner with red icons. Below the banner is a colored bar indicating the month. The records are listed in a vertical stack, each with a date, time, and a title.

Category	Month	Date	Time	Record Title
School	April	Sunday, April 12	4:50pm	THESIS PRESENTATION
		Tuesday, April 14	11:13pm	ELECTIVE TEST
		Sunday, April 19	11:45pm	NARRATIVE PRESENT...
		Monday, April 20	1:25am	DESIGN CRITIQUE CL...
Work	March	Monday, March 2	1:01pm	CLIENT MEETING
		Wednesday, March 18	12:23am	IMPOSTER SYNDROME
		Monday, March 30	9:47pm	ERROR I MADE IN PR...
Social	May	Thursday, May 7	4:50pm	NETWORKING EVENT
		Monday, May 18	11:13pm	WRITING REACHOUT M...
		Thursday, May 21	11:45pm	COMPANY DINNER