

# HEALTHY PREPAREDNESS vs ANTICIPATORY CATASTROPHIZING

Proactive vs. Reactive Approaches to Risk

## Healthy Preparedness (Proactive)

I'll prepare for what might happen.



- ✓ **Mindset:** Calm, rational, and controlled. It is based on respecting potential risks, not fearing them.
- 🕒 **Timing:** Done in advance, often when life is calm.
- 🎯 **Focus:** Focuses on what can be controlled, such as creating a plan, gathering supplies, or learning skills.
- 😊 **Outcome:** Creates a sense of security, stability, and peace of mind.

**Behavior:** "I am prepared for the potential of a power outage, so I have flashlights."



## Reacting as if the Worst-Case Has Happened (Reactive)

It's going to be a disaster!



- ⚠️ **Mindset:** Anxious, fearful, and "catastrophic". It feels like fighting fires constantly.
- 🔥 **Timing:** High-stress, often driven by immediate, unmanaged panic.
- 👉 **Focus:** Focuses on unlikely or extreme worst-case scenarios, wasting energy on things outside of control.
- 😓 **Outcome:** Causes mental exhaustion, irrational decisions, and high stress.

**Behavior:** "I might lose power and die of cold, so I am buying \$5,000 worth of generators immediately."



## KEY DIFFERENCES

### Proactive Preparation

- ✓ **Control:** Proactive preparation gives you control.
- 🔍 **Accuracy:** Proactive preparation relies on evidence-based risks.
- 🔋 **Energy:** Proactive preparation conserves energy by managing risks.

### Reactive "Prepping"

- ✓ **Reactive "prepping"** makes you a victim of catastrophic thoughts.
- 👉 **Reactive thinking** amplifies danger and ignores probability.
- 🔥 **Reactive thinking** burns energy imagining failures.

