



ANXIETY DEEP DIVE SERIES • PART 4

The Catastrophizer

MEETING THE INNER VOICE

Who is Speaking?

We all have an internal narrator. For those with anxiety, this narrator often takes the form of **The Catastrophizer**. This part of the psyche is an expert at "What if?" scenarios, always predicting the worst possible outcome.

In Internal Family Systems (IFS) and depth psychology, we view this not as "you," but as a part of you. This part is often young, scared, and trying desperately to prepare you for danger so you won't be caught off guard.

Separating from the Voice

When we are blended with the Catastrophizer, we believe every thought it generates. "I'm going to get fired" feels like a fact. The work is to unblend—to step back and observe this part with curiosity rather than judgment.

Interviewing the Catastrophizer

Imagine this part of you as a separate character. Close your eyes and see if you can get an image or a sense of it.

1. What does it look like? (e.g., a frantic news reporter, a scared child, a strict guard)

2. What is its job? Ask it: "What are you trying to do for me?"

3. What is it afraid would happen if it stopped worrying?

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