

2C

REWRITE PESSIMISTIC STATEMENTS

By simply toning down extreme statements we programme ourselves for a more optimistic outcome.

By being more accurate we will not get the satisfaction of being the victim in a big drama, but we might preserve a more truthful connection to other people and a genuine belief in ourselves.

Pessimistic Language: ==>> Optimistic Language:

ALWAYS	SOMETIMES
NEVER	FOR THE MOMENT BUT
NO ONE	Someone specific
EVERYONE	Someone specific
I CAN'T	I COULD LEARN
I HATE	I DON'T UNDERSTAND
I DON'T LIKE	I WONDER ABOUT
TOO difficult	CHALLENGING
S/HE HATES	S/HE DOESN'T LIKE or DOESN'T UNDERSTAND

When people close to you are dramatizing an event you can gently ask: *Do you mean....?* exchanging their pessimistic descriptions with a more optimistic version or ask 'Who exactly are you referring to?'

Making the Switch

Use the Optimistic wording above and rewrite the following pessimistic statements into optimistic and hopeful statements (alone or in a group)

'I hate her; she's always in a bad mood'

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'I don't like ambulances'

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'This job is too difficult'

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'Everyone is laughing at me' - 'No one likes me'

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'I never get to do anything interesting'

.....

'I always fail at

.....

Notice how translating pessimism into optimism can lift your mood!