

2D SITUATIONS TO TURN TOWARDS OPTIMISM (with example)

Choose a situation from the list (or your own) and work your way through the steps

- Lily's parents often argue and she feels it is her fault – how could she TURN the experience?
- Peter's dad is moving out as he wants to be with another woman and Peter feels betrayed – how could he TURN the experience?
- Jenny's sister had an accident and is now in a wheel-chair, Jenny is sad for her – how could she TURN the experience?
- Orleigh's family is moving to another town on the other side of the country and she feels she will lose all her friends – how could she TURN the experience?

	STEPS	YOUR STORY	MY STORY
T	Tell your story of this difficult, terrible or traumatic situation you experienced		EXAMPLE: On entering a roundabout a car was 'suddenly' in front of me. I drove into it!
U	Understanding this to mean that ...		I am a terrible driver. I can't be trusted with a car It is going to cost a lot of money.
R	Resulting in which feelings, thoughts and mood for you?		I feel awful, a failure, a fool and frightened of being sued.
N	New nourishing approach, new attitude to this event:		No one was hurt. Only the side-door is damaged. My insurance is good. This is a valuable learning experience. Many other people made similar mistakes.