

Looking on the Bright Side Exercise

Change your thinking

Make a list of things that make you feel like your life is enjoyable, worthwhile, and/or meaningful at the moment. These things can be as general as, being healthy, having a good job or a happy family life. Come up with at least 5 things, and make a list. The purpose of this step is to help you bring about a positive state of mind.

Identify a recent incident

Now, think about a time recently when something did not go your way, or when you felt frustrated, upset, or annoyed. For instance, perhaps you missed an appointment, someone let you down or you dropped and broke something. Briefly describe this recent difficulty.

Identify costs

What did this difficulty cost you? Write down the negative things that came out of this difficulty. You felt embarrassed because you missed the meeting and your boss was upset with you, you were cross with your friend for letting you down, or you had to replace the item you broke?

Find the *'bright Side'*

Now write down three things that came out of this incident that were positive? For example, you learnt a new way of reminding yourself about meetings so it won't happen again, you learnt something important about your friend and why they let you down or you replaced the item with something better?