

What If ... ?

When we say to ourselves “*what if ... ?*” we are often identifying a potential danger: “*what if something terrible happens?*” “*what if it all goes wrong?*”

Each time we do this there are many equally plausible positive possibilities that we are failing to see. If we only see the bad possibilities and not the good ones then we have an unbalanced view of the situation

Try to come up with three ‘glass half full’ ways of seeing each ‘glass half empty’ one.

Negative “What if ... ?”	Positive “What if ... ?”

How does each kind of “*what if... ?*” make you feel?
Which is more likely than the other?



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Negative "What if ... ?"	Positive "What if ... ?"
<p><i>What if Kirsty makes jokes about my weight again?</i></p> <p><i>What if I crash the car?</i></p>	<p><i>What if we have a nice time?</i></p> <p><i>What if I'm assertive this time and tell her how she makes me feel?</i></p> <p><i>What if I make jokes back?</i></p> <p><i>What if I don't?</i></p> <p><i>What if I'm a very careful driver?</i></p> <p><i>What if I get there safely like every other time?</i></p>
<p>How does each kind of "what if... ?" make you feel? Which is more likely than the other?</p>	



What If ... ?

Negative "What if ... ?"

Positive "What if ... ?"

What do I know now about my "what if's" ?

