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 3 'glass half full' ways of seeing each 'glass half empty' one.

Negative "What if ... ?"	Positive "What if ... ?"
What if Kirsty makes jokes about my weight again?	What if we have a nice time? What if I say something this time and tell her how she makes me feel?
What if I crash the car?	What if I don't? What if I'm a very careful driver? What if I get there safely like every other time?

How does each kind of "what if ... ?" makes you feel?
Which is more likely than the other?