

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 ... ?"
<i>What if I forget to take notes about my weight gain?</i>	<i>What if we have a nice time?</i> <i>What if I'm someone that these will help her know the market and that?</i>
<i>What if I crash the car?</i>	<i>What if I don't?</i> <i>What if I'm a very careful driver?</i> <i>What if I get those rights like every other time?</i>

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