

Optimism Exercise: Your Turn to Identify, Dispute, and Refute

Think of a recent situation that did not turn out as you would have liked (e.g., an exam, a relationship or date, a job, and interaction at the grocery store).

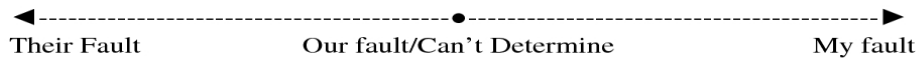
(a) Identify

What were your initial thoughts about the cause of this?

(b) Evaluate

Where does this thought fit on the following three scales?

Personalization (my role):



Pervasiveness:



Permanence:



(c) Dispute

How important is this? Try to see how this relates to the big picture. How does this fit in with your life and other's lives?
