


Forecasting

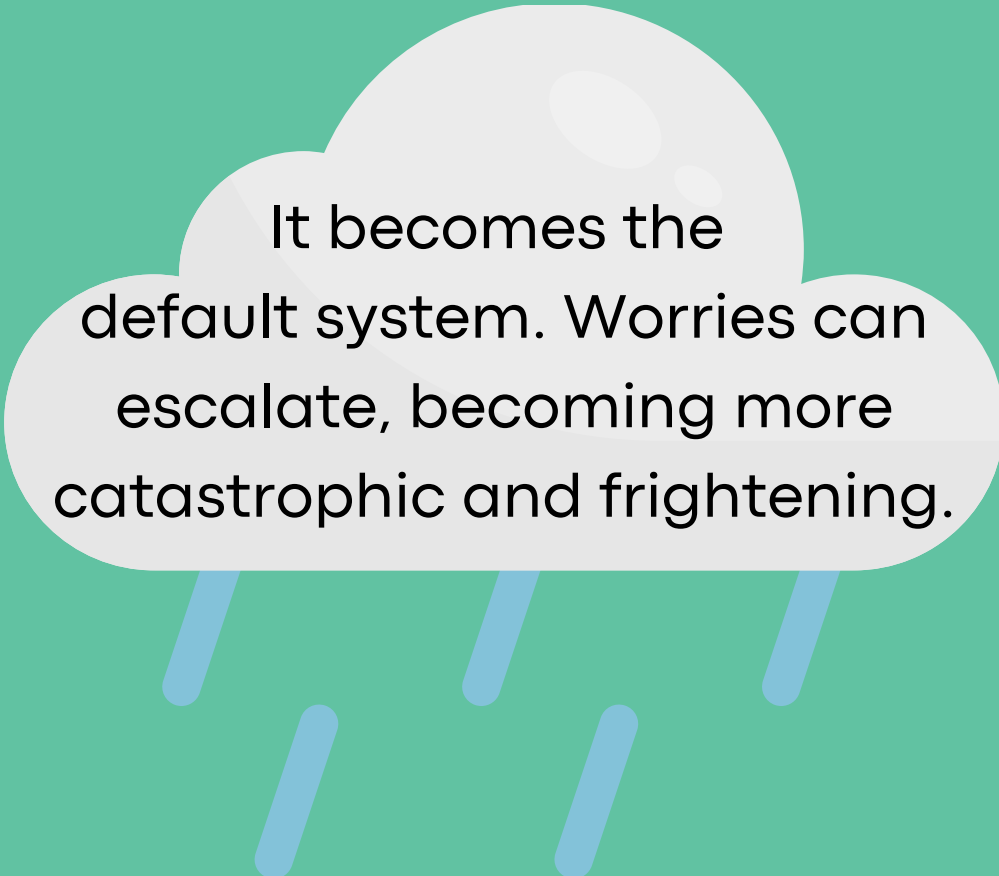


Sometimes we worry about things that could actually happen. Worry can feel productive.


Our mind can go to catastrophic places - and it is functioning as it should!

It is keeping us safe by:

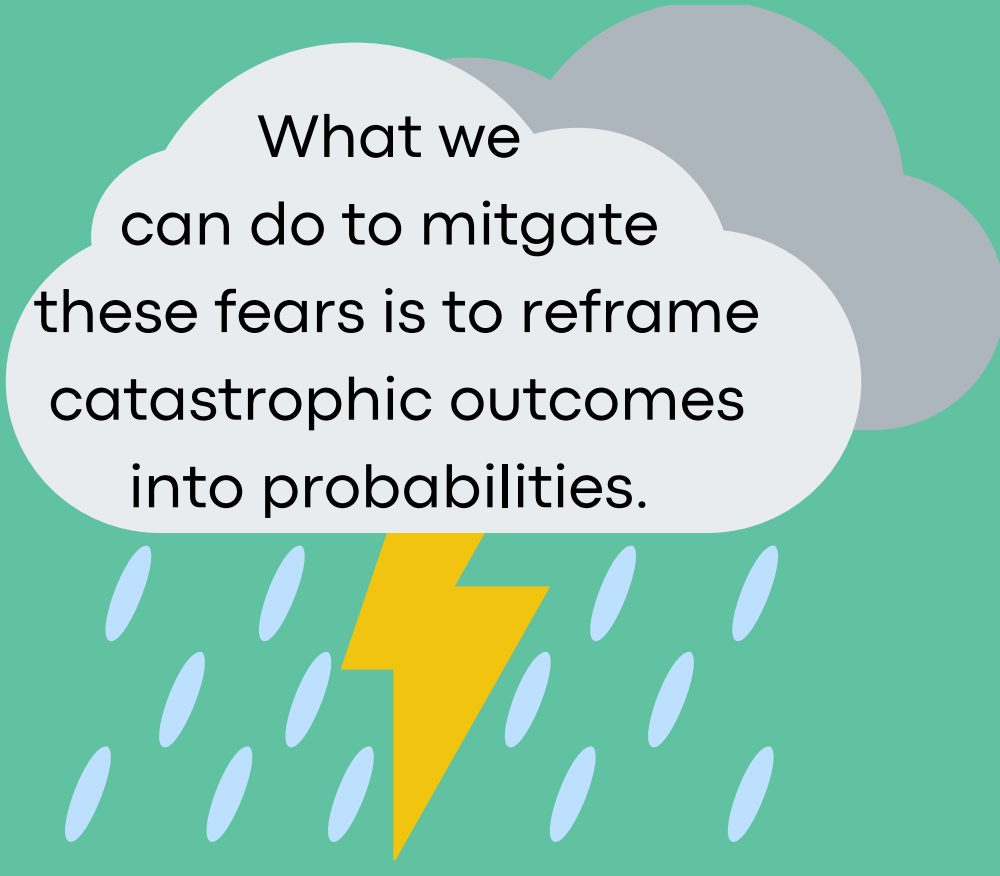
- anticipating danger,
- assessing what could prevent or mitigate risk,
- emotionally preparing us,
- gives us a sense of 'doing something',
- and illusion of control.



It becomes the default system. Worries can escalate, becoming more catastrophic and frightening.

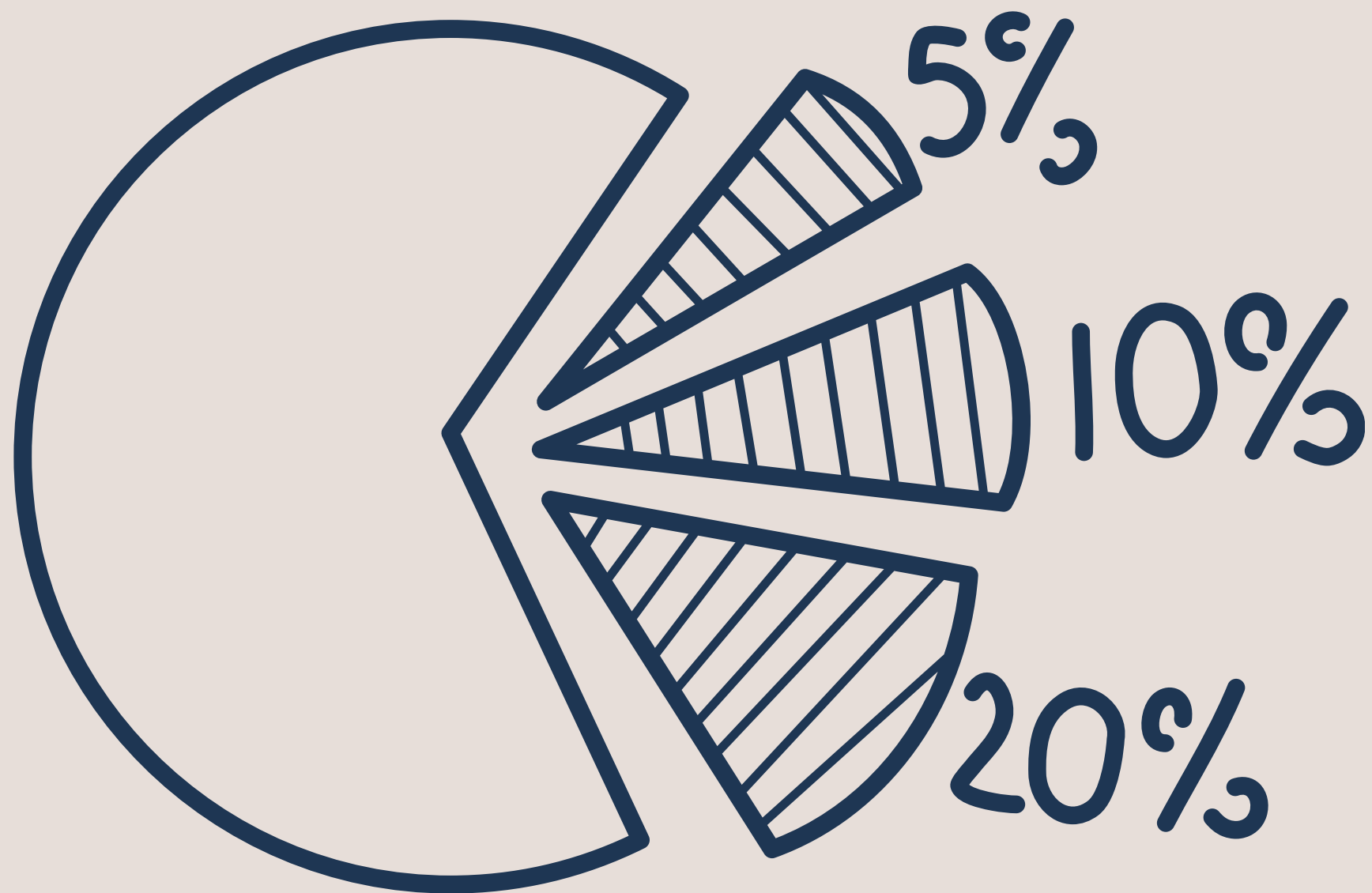


Over time and repeatedly, this is not so helpful as we can become anxious, fearful and pessimistic.



What we can do to mitigate these fears is to reframe catastrophic outcomes into probabilities.

Probabilities



Drawing probabilities as a pie chart can be really helpful.

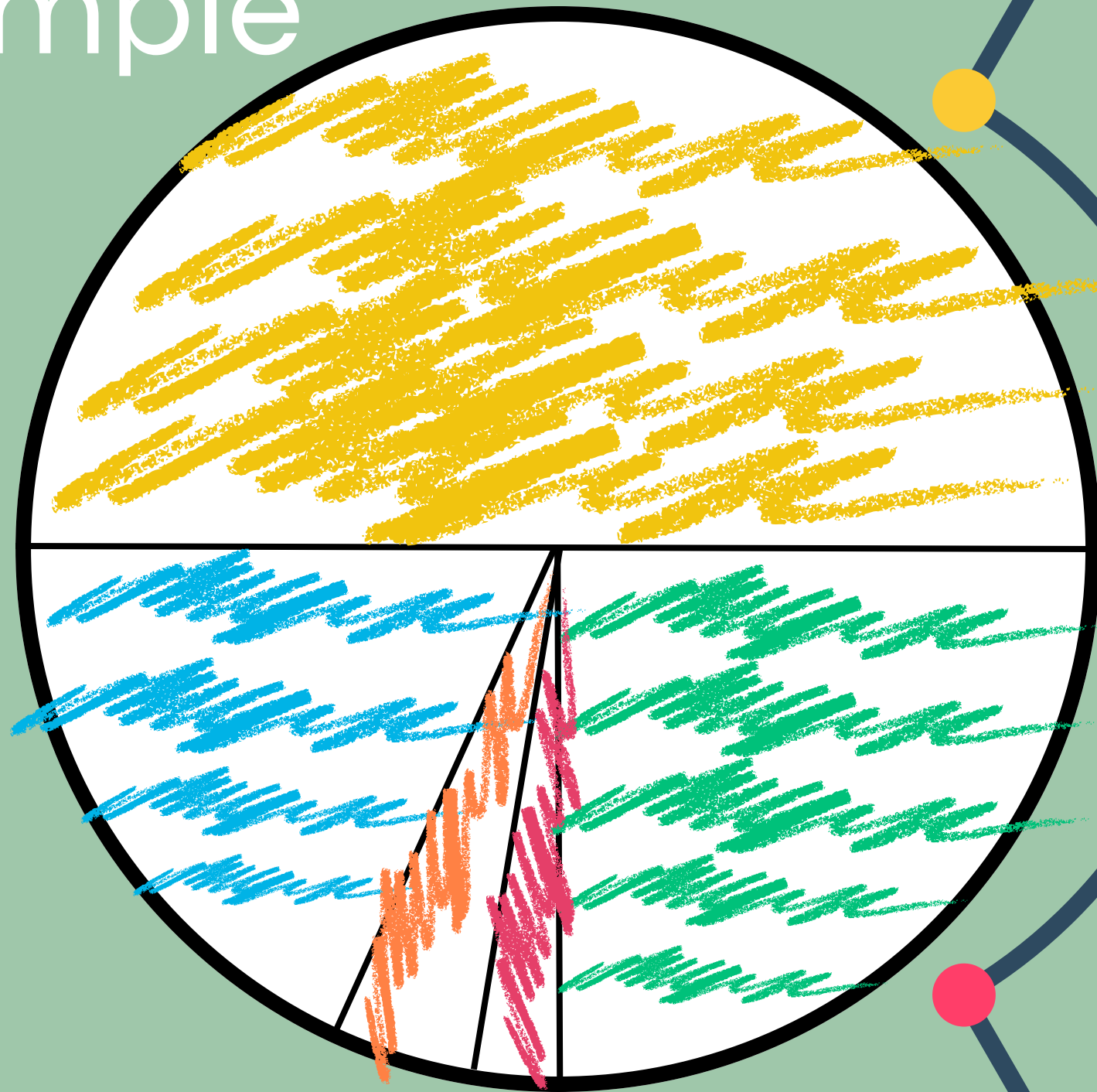
- It transforms the thoughts into a graphic,
- we have to engage different parts of brain to draw and ...
- our lizard brains love pictures.

If you can transform the fears to a drawing, it can help reassure that anxious amygdala.

You don't need me to tell you to steer clear of Dr G**gle who will give 100% worst case scenarios, and unlock some new fears.



Probability example



50% It'll be fine

25% I'll make a bad joke and people will think I'm an idiot and stop listening

20% People will be bored, I will panic, forget my words and they'll laugh at me

4% I'll have a full blown panic attack and not be able to do it at all

1% Phone in sick, get put on performance plan, not get promotion

Work presentation

Fears

