



THE RESILIENCE READER

CHAPTER 10: PUT IT IN PERSPECTIVE

Competency: Optimism

CATASTROPHIZING: PREVENTS PURPOSEFUL ACTION

DOWNWARD SPIRAL

An activating event occurs and your brain tells you a story that increasingly gets more negative and unlikely.

Activating Event: Failed Test

Oh, I am going to fail this class!
I am never going to graduate.

How will I ever get a job?
My parents are going to kick me out.
No one will ever love me.

I will die alone.

SCATTERSHOT

An activating event occurs, and your brain starts thinking of many, disconnected negative thoughts.

Activating Event: Family is Moving

OMG, not again, I am going to be alone forever.

But what about my friends here?

Everyone is going to think I am such a loser

Why me? It's like my parents hate me.

I'll never make new friends.

I am going to have to get a new job

New schools are hard to move to in the middle of the year!

I am probably going to fail out of High School, maybe I should just drop out.

What am I going to do?

CIRCLING

Activating event occurs and your thoughts about one bad outcome keeps occurring, and are repetitive.

Activating Event: Dented Parents' Car

Oh No! My parents are going to kill me.

My parents are going to be so mad.
They will never let me drive again.

Oh No! My parents are going to kill me.

My parents are going to be so mad.

They will never let me drive again.

SITUATIONS THAT MAY CAUSE CATASTROPHIZING

When something is unclear

Mom/Dad texts "call me"

You already fear the situation

Parent is deploying

Something you value is at stake

Failed Test

The first time doing something

First day at a new school

You're "run down" or tired

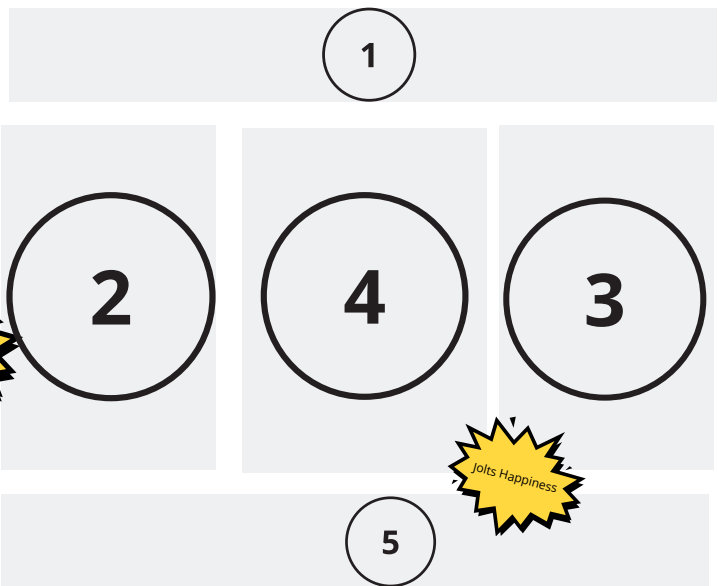
No sleep after studying all night

List some activating events that made you catastrophize recently.

Put It In Perspective (PIIP)

Steps to success

1. Describe the Activating Event: Facts
2. Capture the Worst Case Thoughts: Catastrophizing
3. Generate best case thoughts: Should be outrageous ideas.
4. Identify the most likely outcomes: Realistic
5. Develop a plan for dealing with the most likely outcomes



RESILIENCE REFLECTION

PUT IT IN PERSPECTIVE

1. **DESCRIBE** a recent, vivid, and meaningful AE (who, what, when, where):

1

2. **CAPTURE** Worst Case thoughts:

4. **IDENTIFY** Most Likely outcomes:
Include Most Likely emotions

3. **GENERATE** Best Case thoughts:
Only UNLIKELY Best Case thoughts

2

4

3

JOLT of positive emotion!



5. **DEVELOP** your Plan for dealing with the Most Likely outcomes:

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