

SITUATIONS TO TURN TOWARDS OPTIMISM alone/in pairs/in groups

	STEPS	Lily's Story (1)	Pete's Story (2)
T	Tell your story of this difficult, terrible or traumatic situation you experienced	Lily's parents argue a lot, and she feels it is her fault	Pete's best friend has had an accident and is now in a wheelchair and doesn't want to see anyone. Pete feels helpless and a failure for not being able to reach his friend
U	Understanding this to mean that ...	She understands that maybe her parents would be better off without her	He understands that he has lost his best friend and that things will never be the same again
R	Resulting in which feelings, thoughts and mood for you?	She feels like self-harming as she can't think of how to stop her feeling of hurt and sadness	Peter feels angry and wants to give out to everyone who starts talking about his friend
N	WRITE DOWN SOME NEW HEALTHIER THOUGHTS	While it's okay to feel sad/bad, what would be a new better way for Lily to understand the situation? <div style="border: 1px solid black; height: 100px; width: 100%;"></div>	While it's okay to feel angry, what would be a more helpful way of thinking in this situation? <div style="border: 1px solid black; height: 100px; width: 100%;"></div>
E	Would this person have more energy		
D	With this new way of thinking what might the person do to improve their situation?	What could Lily do to make the best of this difficult situation? <div style="border: 1px solid black; height: 100px; width: 100%;"></div>	What could Pete do to know he has tried everything? <div style="border: 1px solid black; height: 100px; width: 100%;"></div>

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	STEPS	Jenny's Story (3)	Jack's Story (4)
T	Tell your story of this difficult, terrible or traumatic situation you experienced	Jenny's dad has got a job in another part of the country and the family is going to move there but Jenny doesn't want to move away from her friends and hobbies	Jack's dad is moving out of the family home to join another woman, Peter feels betrayed by his dad not wanting to live with him any more
U	Understanding this to mean that ...	She understands that she is going to be lonely and miss out on all the fun her friends are having	Jack understands that his dad doesn't love him and his mum any more and that life is horrible without him
R	Resulting in which feelings, thoughts and mood for you?	She feels like crying all the time and doesn't want to speak with her parents – says she hates them	He feels like punishing his dad, shouting at him and telling him to come back home
N	WRITE DOWN SOME NEW HEALTHIER THOUGHTS	While it's okay to be sad, Jenny would be better off thinking the following: <div style="border: 1px solid black; height: 100px; width: 100%;"></div>	While it's okay to feel angry, what would be a better way for Jack to view the situation <div style="border: 1px solid black; height: 100px; width: 100%;"></div>
E	Would this person have more energy	<div style="border: 1px solid black; height: 80px; width: 100%;"></div>	<div style="border: 1px solid black; height: 80px; width: 100%;"></div>
D	With this new way of thinking what might the person do to improve their situation?	What could Jenny do to make something good out of a difficult situation? <div style="border: 1px solid black; height: 100px; width: 100%;"></div>	What can Jack do to make the best of a bad situation? <div style="border: 1px solid black; height: 100px; width: 100%;"></div>

Everyone has challenges to deal with, their situation might look perfect from the outside but once you get to know somebody you discover how they struggle with something. It's part of being human that we have choices and have potential to create a great life for ourselves and others, but it takes time. It doesn't always come easy. But the the more difficult a situation, the more we learn and the more we're able later on, to have understanding and maybe even help others.

For example I might like to help people with drug addiction, but if I have no personal experience of this situation, I can't be very helpful while the person who has been through it themselves can become an expert in this area, while the the rest of us wonder how they do it.