

Learned Optimism 3 P's – Challenging your thoughts

Sometimes we make thinking errors, or we distort what is actually happening into something far more negative. This can have a harmful impact on how we think about our future because we can often feel helpless or lacking in hope. Use this acidity sheet to challenge your thinking and learn how to be more optimistic

What is a fear do you have about your future?

Sometimes the fears we have about the future come from the first P which stands for personalization. Which means taking it personally or blaming yourself. There are differences in the way that optimists and pessimists see a situation. A pessimist is far more likely to blame themselves whereas the optimist will look at the situation. For example, Optimist: "I was unlucky that a traffic jam made me late today." Pessimist: "I never get my timings right; I always get stuck in traffic."

Look at the fear you have above. Are there any parts of the fear that you have where you see yourself as fully responsible for success or failure? How can you change your thinking about this?

The Second P is Pervasiveness. This P reflects whether we can put things into perspective or not. Optimists tend to accept things as they are and continue to notice their strengths. What are the strengths that you have that you can apply to this fear and keep things in perspective?

The last P is Permanence. An optimist thinks that nothing is fixed or unchangeable, they tend to think that things are temporary and will pass. What thinking can you apply to your fear above that tells you "This too shall pass"?
