

Tool 5.1: Three ways to anti-awfulize

Date:

Here are four simple and factual ways to put something that's bothering you in perspective.

1. Mark a rating

OK

Horrific

0

1

2

3

4

5

6

7

8

9

10

2. Examine it

Could it get worse?

How often does it actually happen/will it last?

Do you actually tolerate this?

3. Put it into a larger perspective

What have you experienced or observed that you would rate as more difficult?

4. Find an antidote

What good is happening at the same time?

Can you make something good happen from this?