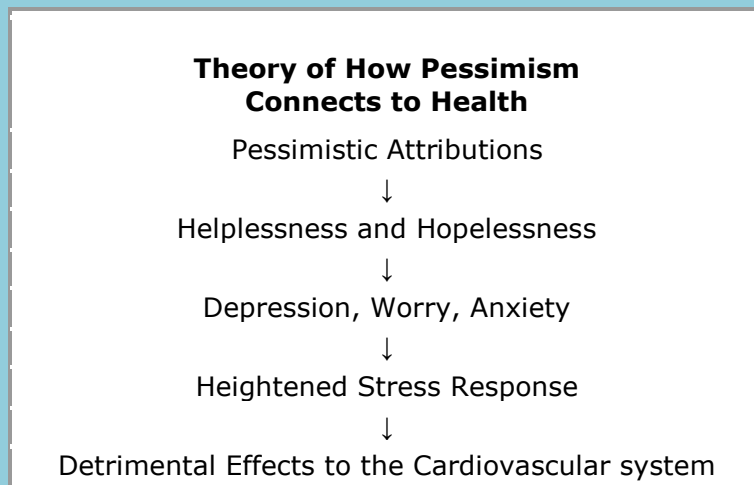




Solution Oriented
Creative Coaching©

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LEARNED OPTIMISM



Where do you start to turn around a negative brain? **Martin Seligman**

Exercises are designed to reorient your thinking. For long term change you must incorporate what you learn into daily life. As usual, it's all about PRACTICE. You must PRACTICE.



Awareness of Gratitude

Every night, write down at least 3 things that went well and why.

Live in a spirit of Gratitude. Think about what you are grateful everyday. It gives you a different FILTER in which to see things - and gives you a sense of awareness of "I've got it pretty good."

Gratitude Visit

Appreciating and thanking others in your life reminds you how fortunate you are.

Write a serious testimony to someone who has had a positive effect on your life, read it to them in person, and discuss it. Argue against the "Always" and "Nevers" that are the hallmarks of Pessimism. When something goes wrong pessimists believe it will last forever, it will undermine everything they do, and they blame themselves for it. Optimists view defeat as a temporary setback, a challenge to overcome. Become aware of your self talk.

Write down a:

- 1) **Negative thought** (I don't feel like doing this today; I might as well quit or I have no talent I'll never get the audition)
- 2) **The Belief Behind It** (this isn't helping me anyway and it never will)
- 3) **The Consequence of Thinking that Way** (losing what I may learn, support and insight)

Then, practice turning around the negative thinking and replace the negative with positive thoughts.

