

Negative Event Reaction

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Optimist

- Now
- Situational
- Outside cause



Pessimist

- Always
- Universal
- Caused by Me



Positive Event Reaction

© Martin Seligman, Ph.D.

Pessimist

- Now
- Situational
- Outside cause



Optimist

- Always
- Universal
- Caused by Me



THE OPTIMALIST

MAKING THE BEST OF A BAD SITUATION



- (P) Grant yourself *permission* to be human
- (R) *Reconstruct* the event – what lessons can you learn?
- (P) Get *perspective* – in the grand scheme of things, where does it fit?