Negative Event Reaction

© Martin Seligman, Ph.D.

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

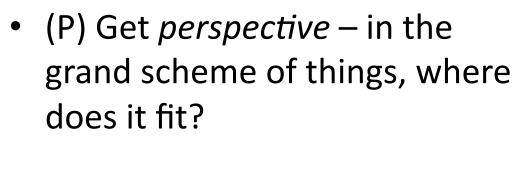


THE OPTIMALIST

• (P) Grant yourself *permission* to be human

MAKING THE BEST OF A BAD SITUATION

(R) Reconstruct the event –
what lessons can you learn?





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