

Putting It In Perspective

- ▶ Often we will catastrophize in our thinking about the implications of some adversity
- ▶ Putting things into perspective helps move to the more possible
 - ▶ What is the Worst Case here? Make a list
 - ▶ What is the Best Case here? Make a list
 - ▶ Both of the above should be at the ends of the Bell Curve
 - ▶ What are the most likely outcomes? Make a list
 - ▶ Compare the lists. Should some things be moved.
 - ▶ What do you want? Can you find a way to be accountable to what you want.