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Worksheet: “Good thing, bad thing – let’s see”

Step 1: Think of at least one and up to three mildly negative events that happened to you and describe what occurred in a sentence or two.

Step 2: Identify at least one and up to three positive consequences that occurred as a result of each negative event. If it helps, close your eyes and replay each negative event, one at a time, and trace the set of events that they triggered. This will make it easier to identify the positive consequences that unfolded as a result of the negative events. Once you have identified something positive triggered by a negative event, make a note of it. Then, move on to the next negative event and do the same. Once you have identified at least one positive event for each of the negative events that happened, go to the next step.

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Step 3 involves connecting the dots—writing about the chain of events, starting from the original negative occurrence, that led to the eventual positive outcome(s). Do this for each of the original negative events for a whole week (seven days).

Step 4: Review your notes for the previous seven days and answering the following questions:

- Overall, how easy or difficult was this exercise for you? Why?
- Do you feel more confident now that most events are not "purely" positive or negative? Why (or why not)?
- Typically, those who do this exercise for a week tend to spontaneously look for positive consequences that are triggered by seemingly negative events. Did you feel that this happened to you? (If yes, provide examples. If not, tell us why this may not have happened to you.)

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