

EXERCISE: FROM PESSIMISTIC TO ENLIGHTENED RESPONSES

Identify two negative and two positive events in your life, either single occurrences or reoccurring events. Write out the old response (believing this is permanent) and revise to a more enlightened response. Remember, both pessimism and optimism involve viewing things as permanent; pessimists believe the negative events are permanent and optimists view the positive as permanent. The Buddhists view it as all temporary.

	Old Response: This is permanent.	Enlightened Response: This is temporary.
<i>Example: My best friend is pulling away from me.</i>	<i>I should have seen this coming OR I wonder why she doesn't like me anymore.</i>	<i>This friendship is changing; perhaps it will return to where it was before or perhaps we need something different right now.</i>
Negative Event No. 1		
Negative Event No. 2		
Positive Event No. 1		
Positive Event No. 2		