

What If ... ?

When we say to ourselves “*what if ... ?*” we are often identifying a potential danger: “*what if something terrible happens?*” “*what if it all goes wrong?*”

Each time we do this there are many equally plausible positive possibilities that we are failing to see. If we only see the bad possibilities and not the good ones then we have an unbalanced view of the situation

Try to come up with three ‘glass half full’ ways of seeing each ‘glass half empty’ one.

Negative “What if ... ?”	Positive “What if ... ?”
How does each kind of “ <i>what if... ?</i> ” make you feel? Which is more likely than the other?	