

Strategies for dealing with the NEGATIVITY schema

- 1) Try to predict future objectively and accurately, not negatively.
- 2) Research shows that it is actually better to look at life with an “illusory glow” or somewhat more positively skewed than actual 100% objective
- 3) You might not become carefree and optimistic - but move away from the extreme negative
- 4) Do not ruminate over the future. Take reasonable precautions - then let it go.
- 5) How often to your negative expectations actually come true?
- 6) Do not believe in “the magic of worrying” Worry will not protect you from bad outcomes (although preparation can of course be helpful - prepare, then leave it)
- 7) Mistakes happen. You cannot avoid it even with the best of planning - if you did everything you could, and it still turns out badly, was it really a mistake?