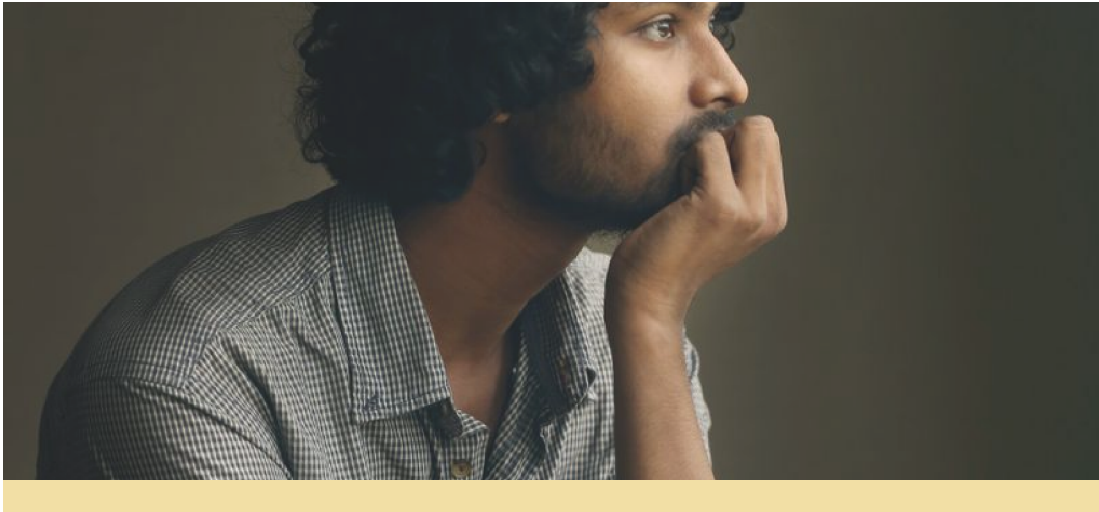


— AN EXERCISE TO  
**PROACTIVELY REFRAME THE BAD STUFF**



Reframing the bad things in life can be challenging. Quite frankly, it takes practice to find the "good" in the "bad." Here's a quick exercise for you to try. On the left, write down three common things you would consider "bad" (i.e., stuck in traffic, a recent break-up, betrayed by a friend). Next to each of those "bad" things, write down one "good" thing that can result from the situation if you choose to see it that way.

<b>Bad</b> _____ _____ _____	➤	<b>Good</b> _____ _____ _____
<b>Bad</b> _____ _____ _____	➤	<b>Good</b> _____ _____ _____
<b>Bad</b> _____ _____ _____	➤	<b>Good</b> _____ _____ _____