Building Optimism

The optimistic view and pessimistic view are opposite.

Negative Event / Failure:

How big a "deal" is it?

Adversity, Failure, Mistake

Optimism
Temporary
Isolated
Effort Possible
Pervasive

Optimism Pessimist
Permanent Temporary
Personal Isolated
Pervasive Effort Impossible

Optimism Squares

	Optimistic View	Pessimistic View
Who's fault/responsibility is it?		
How long will it last?		
How big a "deal" is it?		
Positive Event / Success:		
	Optimistic View	Pessimistic View
Who's fault/responsibility is it?		
How long will it last?		

From Self-Science, McCown, Jensen et al. © 2005, Six Seconds.

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