**Learned Optimism – Transformational Thinking**

1. Describe a situation in which you tend to think in a counterproductive way (A), and describe the types of thoughts that usually arise in this situation (B).
2. What would happen next as a result of that belief about the situation (C).
3. To dispute your negative thoughts and beliefs, you argue with yourself rationally. In particular, you look for the mistaken assumptions about your explanatory style: E = Offer evidence (E) that the thought was not accurate; O = Generate a more optimistic (O) way of seeing it; P = Put It Into Perspective (P)

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| **Adversity Experienced (A)** | **Belief**  **Formed (B)** | **Possible Consequences (C)** | **Possible**  **Disputations (D)** | **E** | **O** | **P** |
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Seligman, M.E.P. (1990). Learned Optimism. New York: Knopf.