



PUTTING THINGS INTO PERSPECTIVE

(This card is used to facilitate instruction, questions to ask – answers ETC... If the back is required – that’s OK – but try to limit to one card for reference)

Definition: The goal of Put It In Perspective is to lower anxiety so that you can accurately assess the situation and deal with it. It is **not** to pretend “all is well,” to deny real problems, or to take away anxiety completely.

To Put It In Perspective

1. Describe the **Activating Event**
2. Capture **Worst Case** thoughts
3. Generate **Best Case** thoughts
4. Identify **Most Likely** outcomes
5. Develop a plan for dealing with **Most Likely** outcomes

Key Principles

Catastrophizing depletes energy: Catastrophizing depletes energy, stops problem solving, and generates unhelpful anxiety.

Order matters: Stop Catastrophizing by capturing the Worst, then generating the Best—both of which help you to focus on the Most Likely.

Develop a plan: Once you are focused on the Most Likely, create a plan for dealing with the situation.

Optimism: Optimism is a primary target of PIIP.