

Flexible Thinking

Although it may not feel like it sometimes, our minds can be very flexible! Flexible thinking is different to positive thinking as it allows us to consider a number of possible outcomes rather than just one.

This is a good exercise to try when you're approaching a challenging situation where the outcome is unknown which can then create worry.

Situation

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Worst outcome (negative)

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Best outcome (positive)

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Most likely (realistic)

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Consider a different outcome (creative)

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