

	Adverse Event #1	Adverse Event #2	Adverse Event #3	Adverse Event #4	Adverse Event #5
Adversity					
Belief					
Consequences					
Disputation	Evidence? Alternatives? Implications? Usefulness?	Evidence? Alternatives? Implications? Usefulness?	Evidence? Alternatives? Implications? Usefulness?	Evidence? Alternatives? Implications? Usefulness?	Evidence? Alternatives? Implications? Usefulness?
Energization					

Learned Optimism Log Directions:

For your first recording period, just fill out the first three categories (A-B-C). At the end of that period go back and look for examples of pessimism and negativity. Highlight those instances. Did you beat yourself up way more than you expected?

For the second week, add the last categories (A-B-C-D-E). This is gonna be harder, this is active work to challenge that pessimism and teach yourself optimism instead. But you got this, rock star. It takes practice, stick with it!

1. Adversity:

Just the facts, baby. Describe what happened (who, what, where, when) being as precise and detailed as you can.

2. Beliefs:

What were you thinking? Like, exactly. What was your self-talk? Don't care if it was crude, ugly, or weird. Write it down.

If it sparked a memory or flashback, that counts, too!

3. Consequences:

How did these thoughts effect how you felt? How you behaved? What went on in your body? What emotions did you experience? How did you react?

4. Dispute:

There are four different ways you can dispute these negative beliefs

- A. Evidence? Is there evidence that your belief was based in reality. If someone says “I hate you” then the belief that they hate you has some evidence behind it, right? But most beliefs really don’t.**
- B. Alternatives? Is there another way you can look at this situation? What were the non-static circumstances (you don’t always bomb a test, you were overtired from being sick)? What are the specifics (sucking at basketball doesn’t make you a lame human being or even a lame athlete)? What did other’s contribute to the situation (is it really ALL your fault???)?**
- C. Implications? Ok, so maybe you jacked up. Is it really a total catastrophe? What’s some perspective you can add to this (ok, so I failed in that job interview...does that mean no one will hire me from now to infinity)?**
- D. Usefulness? Just because something is true, doesn’t make it useful. How can you frame the experience as one that gives meaning to your life? Do you have a better respect for those things or people you value? Can you better demonstrate that respect now?**

5. Energization:

How do you feel post disputation? Did your behavior change? Your feelings? Did you notice anything within the problem that you didn’t notice before? Maybe even created a solution?

Now go celebrate your success here, hot stuff!

References

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Seligman, M. E. P. (2006). Learned Optimism: How to Change Your Mind and Your Life. 2nd Edition. New York, NY: Vintage.