

[BE FOUNDATIONS] COUNTERFACTUAL THINKING



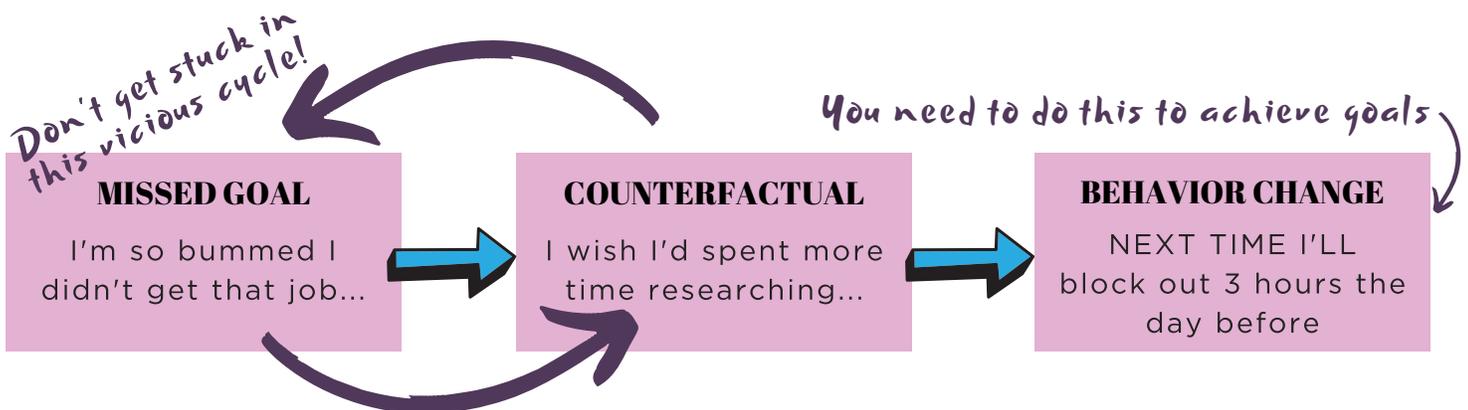
We all "what if" and "if only" - too much can be bad, but the right amount is very useful in achieving goals! Use this worksheet to stay on the positive side.

THINKING ABOUT COUNTERFACTUALS

- **Is it a rumination or undoing?**
Only undoings are counterfactuals - rumination is like playing a tape in your mind.
- **Is it upward or downward?**
If the new situation would be better (If only I studied I would have passed the test) it is UPWARD, if it gets worse, it's DOWNWARD.
- **Is it an omission or a commission?**
If you undo something you wish you HAD done, it's an OMISSION.
If it's something you wish you HAD NOT done, it's a COMMISSION.
- **Is the circumstance usual or extreme?**
Remember the coffee spill example - if you were on your usual route, would you undo differently than if you never used that entrance?
- **Is the focus on your action or someone else's?**
If you think, "If only I would have waited" you're the focus, if you think, "What if he didn't wait?" someone else is the focus.

USING COUNTERFACTUALS TO ACHIEVE GOALS

The most important thing to keep you from a negative spiral is "Next time..."



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