

Re-framing Past Events - What Just Happened?

Something 'bad' happened, but was it as poor an outcome as you think or feel about it? And now that the event is in the past, what is the best path toward recovery and personal growth?

Describe the event:	
Today's Date:	

Identify Your Feelings and Thoughts

With respect to what just happened, review the descriptions of each word shown below:

Word	Description	Viewpoint
Splendid	Magnificent and impressive.	Positive
Triumphant	Having won a battle or contest; victorious.	Positive
Exemplary	Serving as a desirable model; very good.	Positive
Optimal	Best or most favorable.	Positive
Commendable	Deserving praise.	Positive
Beneficial	Favorable or advantageous.	Positive
Successful	Accomplishing an aim or purpose.	Positive
Favorable	Positive and desirable.	Positive
Workable	Capable of being put into practice or of succeeding.	Neutral
Satisfactory	Fulfilling expectations or needs; acceptable, though not outstanding.	Neutral
Adequate	Satisfactory or acceptable in quality or quantity.	Neutral
Unremarkable	Not particularly interesting or surprising.	Neutral
Inconsequential	Not important or significant.	Neutral
Ineffectual	Not producing any or the desired effect.	Negative
Unfortunate	Marked by bad fortune; regrettable.	Negative
Damaging	Causing harm or injury.	Negative
Dire	Extremely serious or urgent.	Negative
Pernicious	Having a harmful effect, especially in a gradual or subtle way.	Negative
Tragic	Causing or characterized by extreme distress or sorrow.	Negative
Ruinous	Causing ruin; extremely harmful.	Negative
Devastating	Causing severe shock, distress, or damage.	Negative
Disastrous	Causing great damage.	Negative
Catastrophic	An extremely disastrous or devastating event.	Negative

Using your direct knowledge of the situation, and aligning your feelings with the descriptions from the list above, ask yourself these three questions:

1. Which five words best describe how you feel about what happened and why?

#	Word	Why did I feel this way?
1		
2		
3		
4		
5		

2. Which five words best define how you think about what happened and why?

#	Word	Why did I think this way?
1		
2		
3		
4		
5		

3. For each of the words that you chose above, pick an alternative from the more positive categories (for a negative word, pick a neutral, for a neutral word pick a positive).

#	Word	Why do I think this is a better way to think or feel about it?
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

4. Write down three goals for improving how you feel after events occur.

#	Goal	Description
1		
2		
3		

5. Write down three thought (or behavior) processes that you will use to achieve the goals you have set for yourself.

#	Process	Description
1		
2		
3		

6. Write down ways of identifying (relabeling) yourself that will help you to improve the working processes and achieve the goals that you have set for yourself.

#	Identities/Labels	Description
1		
2		
3		
4		
5		

Optional: Now fill out change-plan worksheets to match the goals, processes, and identity changes that you have set as aims for yourself.