

# Negative Experiences

Everyone experiences negative and unpleasant life experiences. Everyone deals with negative experiences with a variety of strategies, some of these strategies are effective and positive, and some of these strategies are negative and unproductive. Our own mindset can be a trap for handling negative experiences. Awareness of this trap is the first step toward turning negative and unproductive strategies into positive and productive strategies.



## Task:

1. Identify two or three negative experiences that you have had that occupied your thoughts.
2. What recurring thoughts did you have about these experiences?
3. What triggered these recurring thoughts?