FORM 9.4

# Considering Alternatives

When we are upset, we often focus on one point of view—our own—not realizing that there are many different ways of viewing things. Consider the current situation and your point of view. Describe the situation in the left-hand column and your negative thoughts—your "interpretations"—in the middle column. Now, in the right-hand column, list different ways of seeing the current situation—different interpretations, behaviors, and opportunities you might pursue, etc.

| **Describe the current situation that is bothering you.** | **What are your negative thoughts?** | **What are some different ways of viewing this situation? Are there new opportunities made available? Are there different possibilities you could pursue? List these.** |
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