



# ENCOURAGE EXERCISE #10

## Building an Optimistic Attributional Style

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### Directions:

Developing an optimistic explanatory style around life events takes some practice but can be enhanced through the following exercise. Write down your responses to each of the questions for the steps below.

### Step A

1. Write down one *bad event* that has happened in your life during the last 30 days:
2. What type of event is it (e.g., health, social, personal, work, achievement, other)?

### Step B

1. What is your *explanation* about why this event occurred?
  2. How realistic is it that the event/situation was caused by you?
  3. How realistic is it that it will last forever?
  4. How realistic is it that it will ruin everything in your life?
  5. What can you do to change your self-talk to enhance your *optimistic explanatory style* in the face of work and life challenges and stressors?
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