



Spectrum Thinking

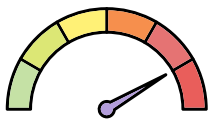


LIMITED VIEW:

- It can be hard to sort our feelings
- If trauma and stress is a major factor, anything that is not "good" will be considered "bad".
- With only two options, anything that is uncomfortable may be viewed more negative than it is.

EXPANDED VIEW:

- It is okay to give yourself options in how you feel about events
- Using neutral language can help express what is before placing a feeling on it
- Adding options to the spectrum of how you can feel helps to adjust your perspective

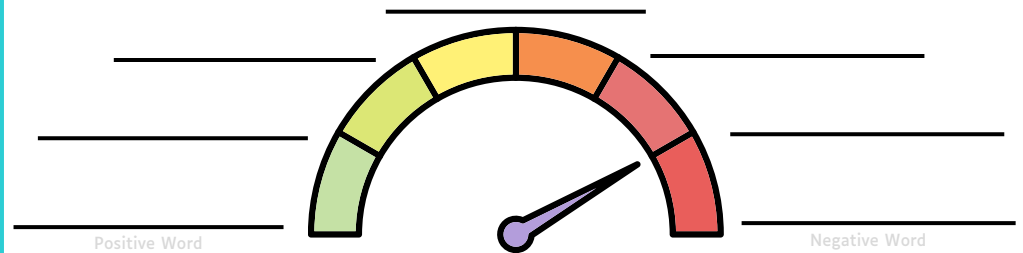


Example Wording:

- ← Challenging →
- ← Unexpected →
- ← Frustrating →
- ← Eventful →
- ← Intense →
- ← Routine →

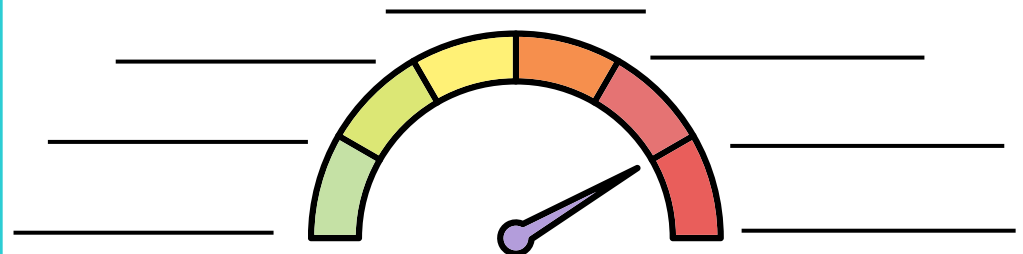
PRACTICE:

On the left side write a positive word to describe your day.
 On the right side write a negative word to describe your day.
 In the other spaces add other descriptive words. (check example words)



PRACTICE:

Think of a recent negative event. On the right, write the negative word you used to describe it. In the other spaces add other words that also describe the event that are neutral. (check example words)



NOTE:

The use of additional words to describe events can give room to view the event as more than just negative or just positive. Neutral words that are relevant to the event can help pinpoint the factor related to the negative or positive feeling. This will allow us to view events in a broader view and our overall perspective can begin to change.

