

## It Could Be Worse...

Whether it's an emotional, practical or mental challenge that we find ourselves facing, practicing gratitude can often seem incredibly difficult.

Often, this comes down to unhelpful thought patterns or processes. For example: *"Things would be easier if I had a different job,"* or *"It would all be better if I wasn't alone."*

Challenging these thoughts and reframing difficult situations can often be useful in helping us overcome setbacks.

*It Could Be Worse...* is an exercise to help you apply this approach.

Complete this exercise by filling in the boxes at your own pace. As you work through the activity, try to imagine yourself in the situation you're writing about, as vividly as you can.

### **Step One:**

Describe a situation that you're currently struggling with.

*What is most challenging about this situation, in your opinion? What aspects of this situation are hardest for you to deal with right now?*

*Can you identify any particular thoughts that are bothering you? E.g. "If only..."*

**Step Two:**

Now, try to shift your focus away from the specifics of the situation. Instead, try to brainstorm three ways the situation could be worse.

Write your responses in the box below, trying your best to fully imagine yourself in that scenario as you write.

How could it be worse? Identify three ways this situation could be more difficult.

1.

2.

3.