

Anti-Awfulising

So how awful is awful? How terrible is terrible?

It is always helpful to put events into perspective. To **actively** and **forcefully** expand our focus to see life more realistically. We often say something is “awful” and get a feeling like it is more than 100% Awful. But how can that be?

We say we “Can’t Stand It” - yet we do!

So, let’s take these facts and begin to **manage** our thoughts and perspectives and as a result **directly manage** our feelings and behaviours as well!

We’re not saying ‘sugar-coat’ or even to minimize the issue(s). There is real distress and discomfort in this world. Recognition of this real distress is the important key factor.

What we are saying is; whilst recognizing the real distress in situations, **at the same time**, recognize very clearly and very factually, where it lies in the spectrum of distress, and that we can stand it.

Here is the tool — To help **realize reality**

Make a scale starting at 0 and going to 100	
100 _____	<ol style="list-style-type: none"> 1. First rate you existing situation 2. Secondly, ask yourself; <ol style="list-style-type: none"> a. How Terrible is It? b. Could it get worse? c. Is it as frequent as it feels? d. How long will it really last? e. Can I stand this? 3. Now for a bit of perspective; <ol style="list-style-type: none"> a. Is it as bad as a hurricane or earthquake? b. Or say as a famine or war? 4. and Finally, for the antidote; <ol style="list-style-type: none"> a. Is there nothing occurring at this same time that is good? b. Is there nothing I can do to make something good happen?
90 _____	
80 _____	
70 _____	
60 _____	
50 _____	
40 _____	
30 _____	
20 _____	
10 _____	
0 _____	

It is in these simple and factual ways that we *Realistically Manage* and develop a reality-based perspective on life.