

# Noticing Optimism and Pessimism

We might notice that sometimes we have a tendency to be more optimistic or more pessimistic, we describe this as our explanatory style. An explanatory style is simply a way of describing how we make sense of information.

If we think we might be overly pessimistic at times and this might get in our way, it might be helpful for us to become more aware of these times and try and think in a more optimistic way. Building this awareness takes practice, and it could be helpful to write down examples to help you think back and either notice what you did or what you might do next time.

The pessimistic thoughts that I noticed were...	What I thought/could have thought to try and make them more optimistic was...