

PRACTICE GETTING OUT OF THE NEGATIVE RUT

Below are examples of situations where someone has gotten stuck in a negative rut. How would you try to get out of the cycle of feeling bad?

You've had a fight with your girlfriend/boyfriend. Talking to your friend about it is only making you feel worse! What else can you try?

- 1.
- 2.
- 3.
- 4.
- 5.

Tomorrow you have a presentation that is worth a lot of your grade. You've done all the work you need to do, but you're still feeling worried. Going over your notes isn't helping. What should you try next?

- 1.
- 2.
- 3.
- 4.
- 5.

You've been feeling down all day, and you don't know why. You've been watching TV, and that usually helps you get your mind off your problems, but you aren't feeling any better. What else might work?

- 1.
- 2.
- 3.
- 4.
- 5.

You're lying awake, thinking about a conversation you had earlier in the day. The more you think about it, the worse you feel. . . but you can't stop thinking about it! It's the middle of the night—what can you do?

- 1.
- 2.
- 3.
- 4.
- 5.