humantold

How Likely Is It? (Part 2)

This activity serves to show a few tools for examining the signals our brain sends us and how we can respond to them.

Another strategy is to visualize the likelihoods of a situation in a pie chart (*This can be helpful to use along with part 1).* For example:

1. Imagine your friend is worried that her friend doesn't like her anymore due to not responding to a text she sent.
2. After thinking about some of the possibilities why she may not have responded such as being annoyed, she doesn't like her anymore, is busy with work, is asleep, is out with others, forgot to text back.
3. Then using these possibilities out of 100% rating the probability of each being true. You list these out with your friend and even the pie chart below to create a visual.

This may not get rid of the thought, but may help you feel better and detach from the thought and possibly replace it with a new helpful thought.

What's the Initial thought?

Possibility	Percent