

C5 Activity #3: Guided Self-Reflection on My Thoughts

Pennies are the talisman that spoke to the author of hope in times of trouble. What sign or symbol of encouragement and support am I noticing? What effect does it have on me?

In what one caregiving situation could I practice being more optimistic? At present, what are my thoughts that are pessimistic or negative? What positive thoughts could I use to replace these?

What fictional character or real person do I know that is a Pollyanna? Am I? If so, what are some of the consequences I have suffered as a result of unrealistic optimism? How can I be more realistic about my expectations?

Where or when do I experience violent images, toxic behaviors, or downbeat situations? How do these impact me and how can I protect myself from these?