Be Curious, Not Furious Exercise

Spend some time completing this exercise and review it with your Licensed Brain Trainer in one of your meetings.

Be Curious, Not Furious. Turn Bad Days into Good Data.

Everyone messes up at some point, and so will you. Be curious about your behavior, not furious at your slip-ups or mistakes. Investigating setbacks can be extremely instructive if you take the time to really analyze them. It is the down times, the slip-ups, the setbacks, that teach you most of what you need to know if you embrace them and take time to learn from them.

You have to turn bad days into useful information.

Exercise: Write about a mistake you made and what you learned from it.

Example:

MISTAKE	WHAT I LEARNED
I let my anxiety get out of control and ate too much sugar to feel better.	I have better tools to calm anxiety and will use one of them next time.

MISTAKE	WHAT I LEARNED