• Name the unfortunate event (e.g., clinical mistake)

• What bad thing could happen as a result? (e.g., lose job)

• What is the terrible consequence?

• Oh no!!! Then what???
• Even with the unfortunate event, what was still okay?

• What do you care about, or what is present in your life, that you don’t want diminished/lost? Be grateful!

• Who cares about you and in invested in your well-being and success? Appreciate them!

• What resources do you have to persevere through this hardship?