

THE *BAD* GOOD MOVIE PRACTICE



SOME REAL-LIFE EXAMPLES & OTHER HANDY QUESTIONS

FIND BENEFITS OF BENEFITS



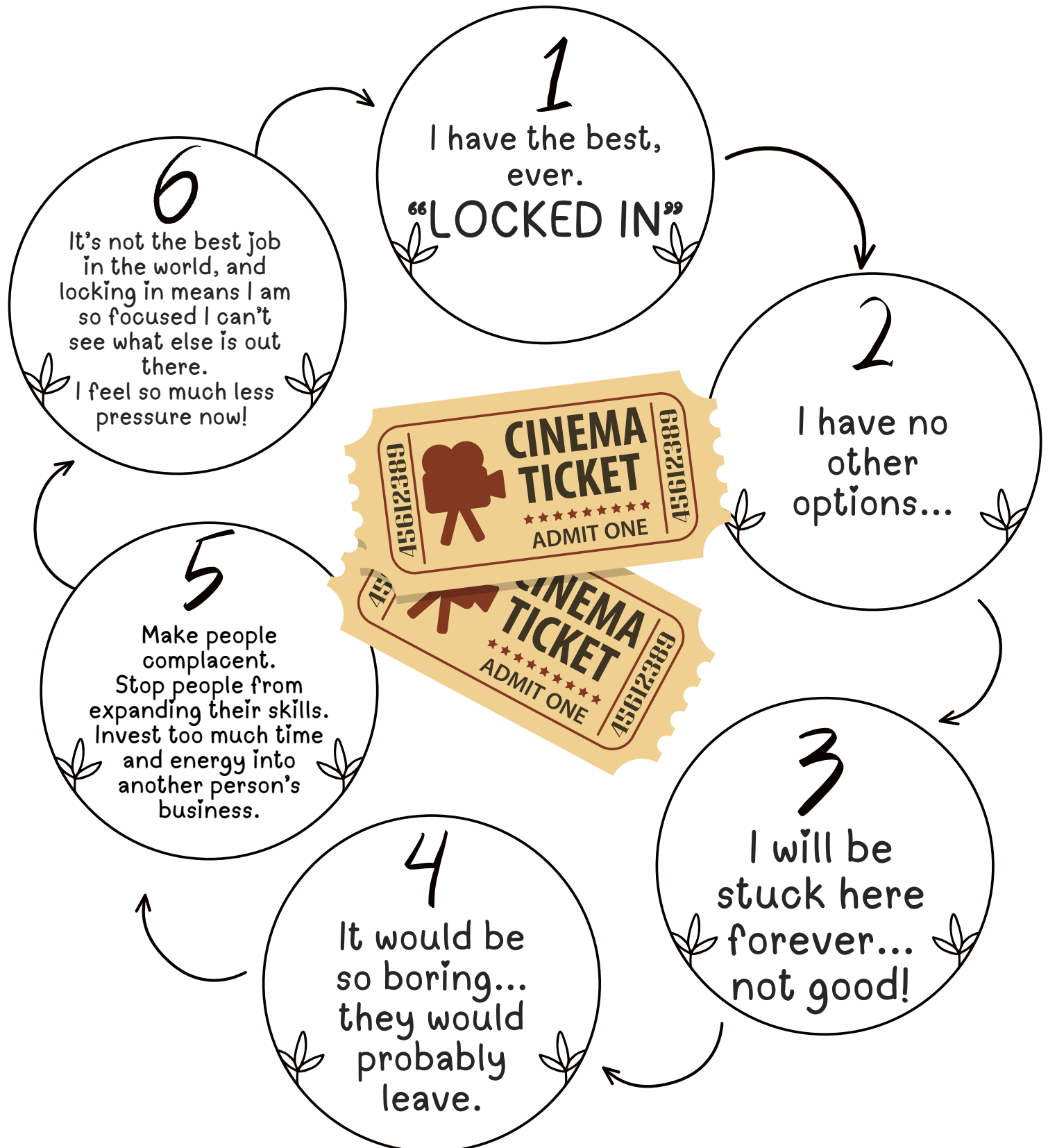
Name one Drawback, then as many Drawbacks of that Drawback.

Eg. “He is Perfect.” How is that a bad thing?

“Could be a bit boring... and stressful.” How is *that* a bad thing?

Keep going until you run out of drawbacks, and move on to the next question.

FIND THE MIDDLE GROUND

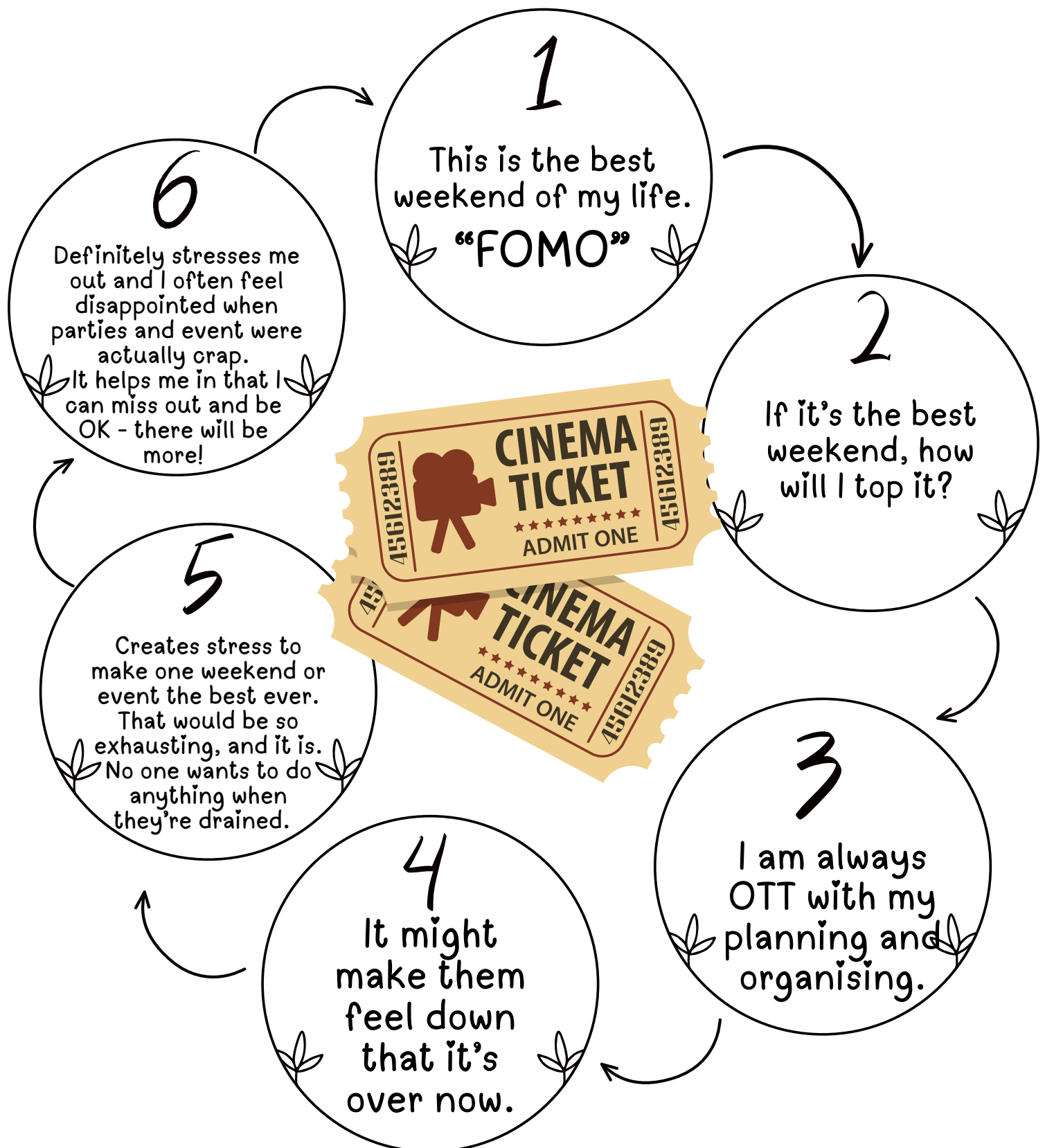


Bring Extreme Thoughts Back to the Middle

Dialectical thinking is about letting go of the extremes, learning to think more in the middle, learning to be more flexible with your thoughts and feelings.

What is the All Good Situation? *I have the best job, ever.* What would be its exact Opposite? *I have the absolute worst job, ever.* What is in the Middle? *It's just a job that I happen to enjoy most of the time. I'm lucky, but it's not the best, ever.*

FIND NEW EVIDENCE



More Questions to Find new Evidence:

“This is the best weekend, ever.” Is it actually, totally, 100% true? “No.” What is True-er?
“Some weekends are actually better.” What obvious thing have I ignored because I have been focused on the only-good outcome? “W I am putting way too much pressure on myself because I believe something that isn't actually true.”

These questions open the brain to other possibilities, making the prediction less absolute and allows the seek impulse to settle.

THE *BAD* GOOD MOVIE PRACTICE SHEETS



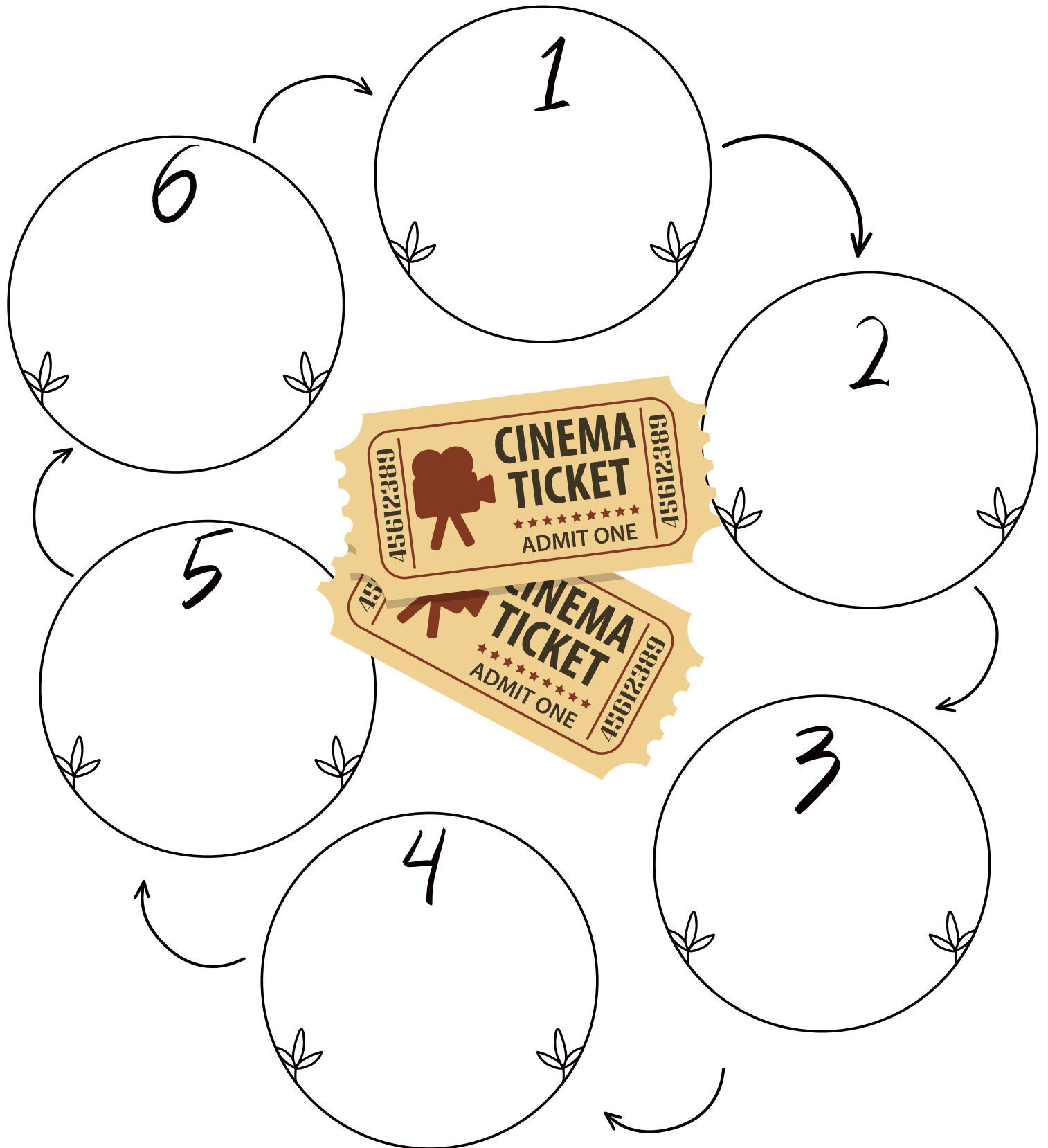
A BAD GOOD MOVIE

When we see something as “all good,” our impulse is to seek, which can fuel desire and even obsession. This practice asks the brain to consider what could be ‘bad’ about the desired outcome - not to make it totally negative but to show that it isn't 100% good.

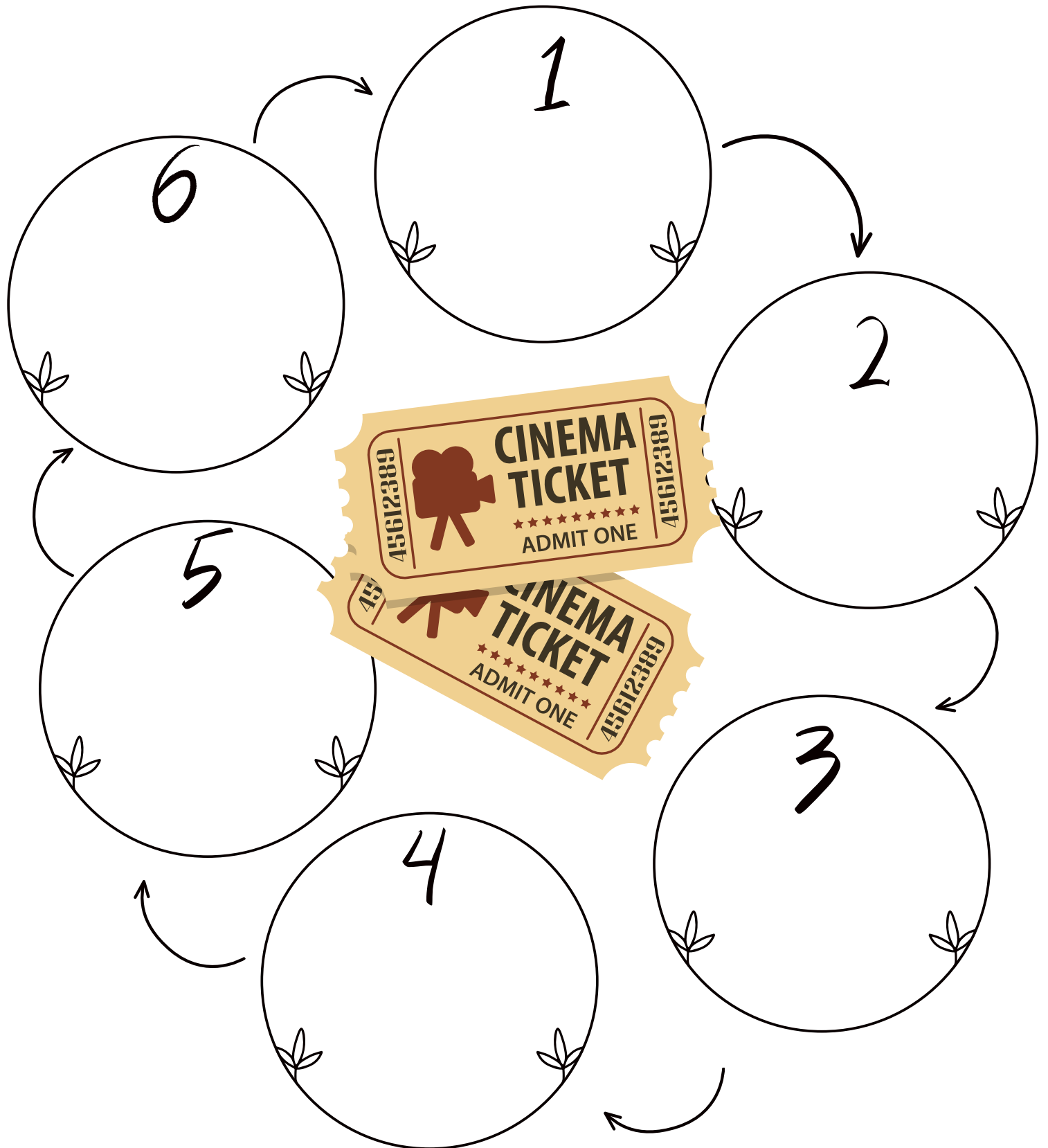
A more balanced perspective gives the brain new evidence and allows the nervous system to settle.



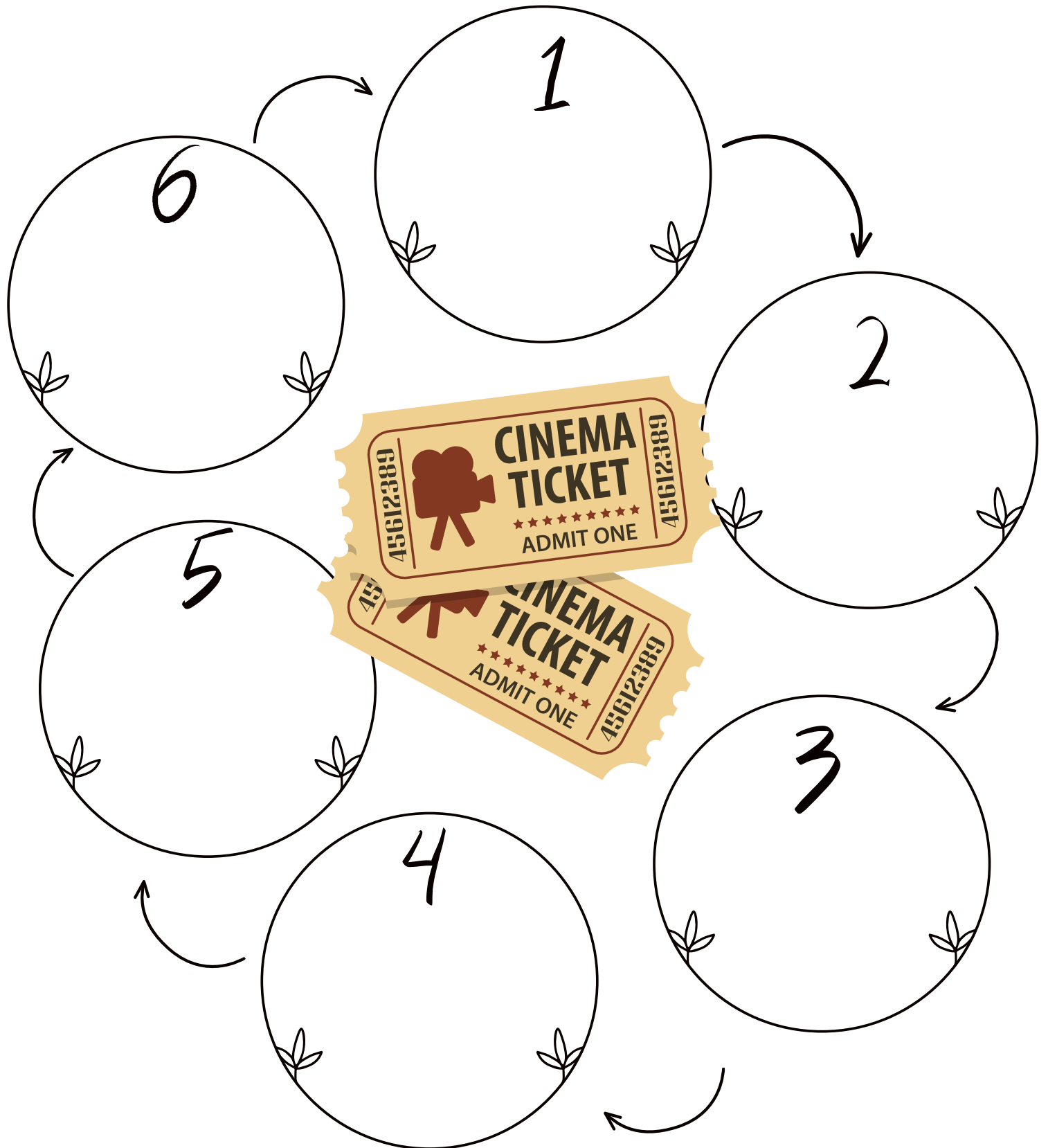
MY *BAD* GOOD MOVIE



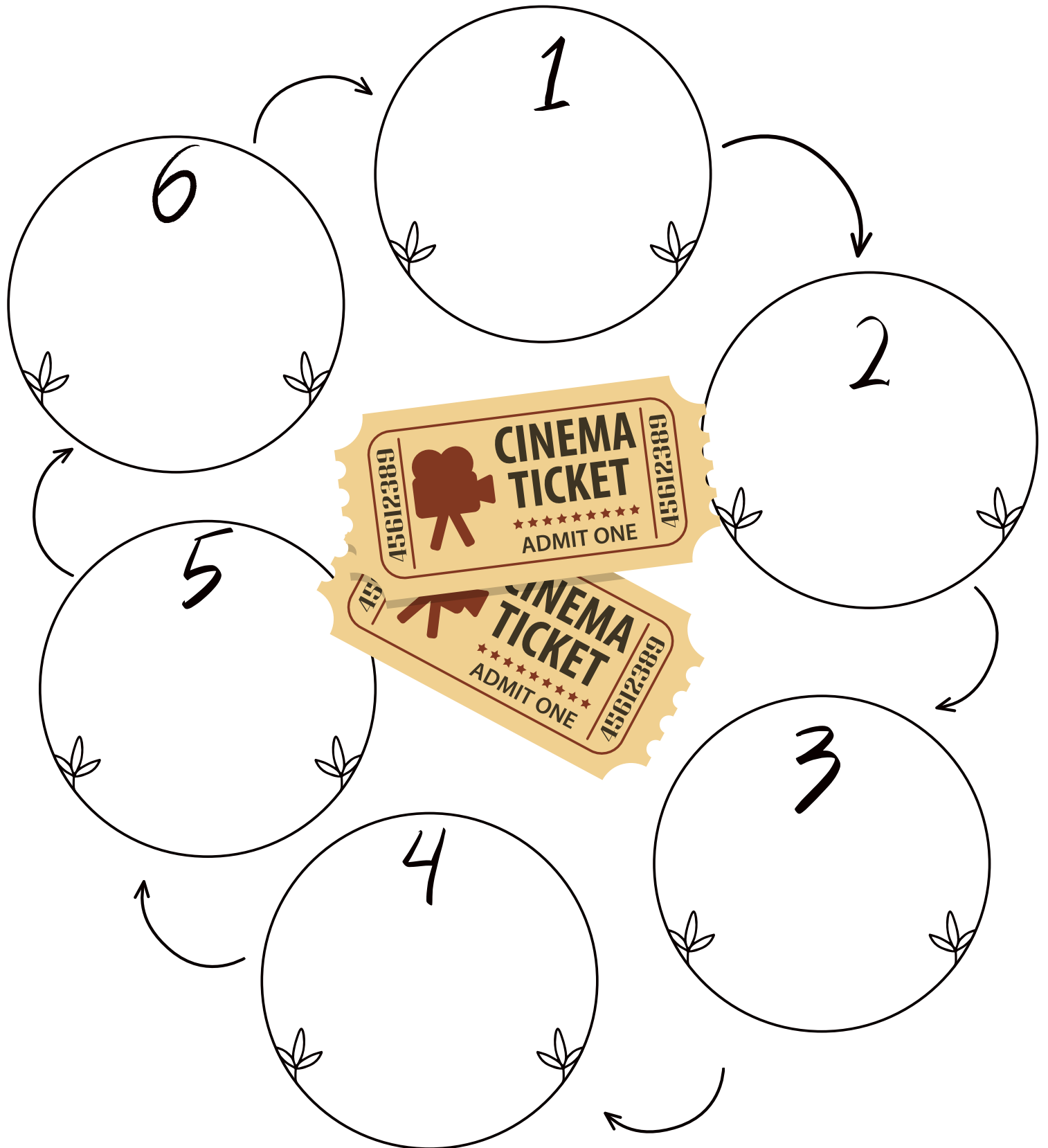
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