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## COUNSELOR CORNER

### ISSUE # 8

### THREE QUESTIONS-- IS IT THAT BAD?

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I AM THE SCHOOL COUNSELOR  
AT BOTH PERUVIAN PARK  
ELEMENTARY AND SUNRISE  
ELEMENTARY. PLEASE REACH  
OUT IF YOU HAVE ANY  
QUESTIONS, OR YOU NEED  
SOMEONE TO TALK TO ABOUT  
HOW YOU ARE FEELING.

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### EXAMINING OUR THINKING

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Issue # 7 discussed errors we  
sometimes make in our thinking.  
Here are questions we can ask  
ourselves to see if we are making  
errors in our thinking.

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### EVIDENCE

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We need to force ourselves to look  
at the actual evidence to see if our  
thoughts and beliefs are realistic.

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### WHAT IS THE EVIDENCE?

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We need to force ourselves to look at the actual evidence,. If something seems bad—is it really that bad, or are we just looking at it in a negative way? How much actual evidence is there that things are as bad as we think they are?

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### IS THERE ALTERNATIVE EVIDENCE?

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Sometimes we are only looking at things from one side, and only the evidence that supports this one side. We need to force ourselves to look to see if there is evidence that supports any other side. Could there be another explanation?

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### WHAT IF?

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We need to ask ourselves—if this negative thing that we think might happen really does happen—what's the worst possible thing that might happen. Have you been through something else like this and survived? Have other people survived something like this?