

Coal Coloured Glasses

So you're mulling something over in your head. You're not sure how it's going to turn out, but for hours now, or even days or weeks, you've been focused on it all going to crap. The more you think about it, the worse the ending gets.

How about you grab a coffee or tea and a pen, and for the next 15 minutes [put on the egg timer if you want] take off those coal coloured glasses and for just a moment, hey just for a laugh, think about the alternatives. We're not asking you to commit, just look up for a sec ...

What I See!	What is also a Possibility!
For example	
<p>Boss is going to yell at my not being able to do the report. I'm just going to ring in sick. I don't know why I even volunteered to do it, its way above my head. My old boss was right; figures are just not my thing.</p>	<ul style="list-style-type: none"> • Show where I'm doing well and where I'm having trouble. Boss appreciates effort and helps me finish report • Old Boss never got the opportunity to see what I could do, so she really had no basis for that opinion
<p>My daughter is spending a lot of time out of the house. I just want her know that I care about what happens to her but if I approach her she'll yell, and I'll yell and one of us will storm out and I'll make it worse.</p>	<ul style="list-style-type: none"> • I'm an adult and capable of not yelling even if she does • I love her and if she's scared about something I want her to know that she can come to me. Even if she says nothing, she'll know the door is open.
<p>Friends are coming to dinner and Mum has been telling them what a great cook I am and the standard is too high. I don't know how I'm going to do the dessert and the entrée in the same oven. It's all going to burn and they will all laugh.</p>	<ul style="list-style-type: none"> • I'll put McDonalds vouchers on the table so if it does burn, no-one will go hungry. • Chances of all three courses burning are pretty slim. If it happens, we'll call it BBQ

What I See!

Other Possibilities
