

The Positivity Formula

Challenges

Can't sleep
A Breakup
Low grades
upcoming sports event
Just "stressed out"
physical pain
Tests
Something someone said
Adverse family issues
Worry
Death of a pet
unpleasant memories
Homework pileup
Others

Responses

Angry
Afraid
Discouraged
Worried
Overwhelmed
Hopeless
Helpless
Anxious
Confused
Depressed
Other

Emotional Zone

Keyed up/Anxious
Overwhelmed/Shut Down

Healing

Positivity

Outcomes

Thriving
Succeeding
Happy
Excited
Calm
Clear-minded
Loving
Self Assured
Hopeful
Other

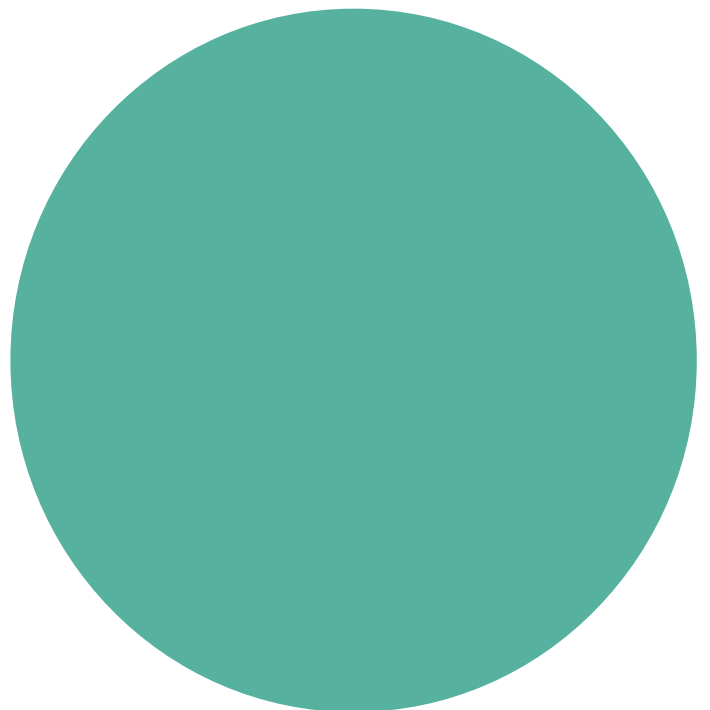
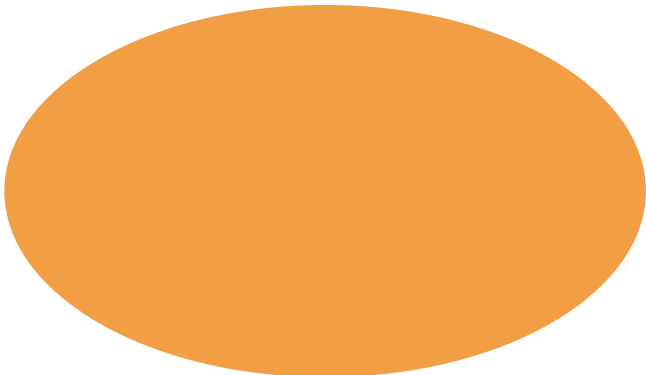
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Challenge

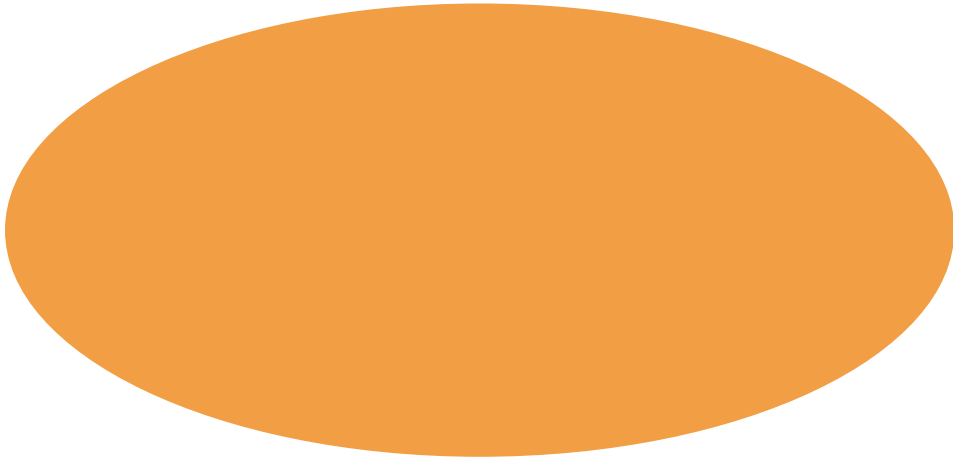


Response

Emotional
Zone



Healing



Outcomes

