

# Finding the Silver Lining

A Worksheet

What is the Good in Your Bad Situation?

---

There is always some good, however small, that can be found in any bad situation.  
Consider your bad thing and the circumstances surrounding it.

---

If you need to, be angry, pissed off, mopey and whiny. Be upset, guilt-free, for a specific, set amount time to get it out of your system.

Do you need this time? How long will you give yourself to be mad before you process it and move on?

What are you upset with, really?

- At what happened?
- At what didn't happen?
- That things didn't go according to plan?
- Do you just feel like you should be upset?

What still went right?

What are you happy about in this experience?

What good thing(s) did you do as a result of this that you otherwise wouldn't have done?

What have you learned from this that you will apply going forward?

What is this 'bad' thing telling you?