American Red Cross
Service to the Armed Forces

Finding the Silver Lining

When we are faced with significant challenges or ongoing stressors, it can be easy to focus on the negative. In fact, our brains are biologically set up to remember negative experiences over positive ones to keep us safe and to prevent us from making potentially dangerous mistakes in the future. This means we need to practice finding the positive side – or silver lining - in every situation. Start here by completing each sentence with a possible upside.

1) I'm stuck in traffic, *but at least…*

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2) I forgot my wallet, *but at least…*

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3) I lost my phone, *but at least…*

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4) My boss gave me a hard time today, *but at least…*

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5) The delivery person left my package in the rain, *but at least…*

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6) My computer crashed, and I lost what I was working on, *but at least…*

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7) My car needs some expensive repairs, *but at least…*

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8) I burned dinner, *but at least…*

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9) I'm really tired, *but at least…*

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10) The line is really long, *but at least…*

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11) I have so much to do and not enough time, *but at least…*

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12) My flight was canceled, *but at least…*

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13) My car got dented, *but at least…*

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14) I spent more money than I should have, *but at least…*

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15) I'm "in the doghouse," *but at least…*

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16) We have to move again, *but at least…*

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17) We moved, and our stuff is not coming for another 2 weeks, *but at least…*

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