

	Ambiguous Events	
	<p>Why is your first explanation for an ambiguous event, so often a negative one? Create a variety of explanations for each interaction during your day, rather than interpreting it as a negative one.</p> <p>Think of at least five ambiguous events or interactions you experienced this week that caused you a problem.</p>	
<u>What Took Place</u>	<u>Neutral Interpretation</u>	<u>Positive Interpretation</u>
My friend left the room during an argument	He/she's trying to get control of his/her angry feelings.	He/she didn't want to say anything unkind that he/she'd regret later on.