

## Rewriting Reality

If a persistent mental annoyance is causing irritation, use one of these techniques to imagine an alternative reality in order to regain a calm internal state:

- Ask yourself a few times, “What if this experience is, in fact, a good thing for me?” and watch how creative your mind can get with its answers.
- When you’re dealing with more serious situations, write down your new realities by hand. Write: “The presentation is going well . . .” Or, better yet, use past tense: “The presentation was a complete success . . .”