Worksheet 4.12 One Door Closes, Another Door Opens Instructions (Rashid, 2008)

What optimists do that allows them to be happier than pessimists is that they choose to focus on the positive as much as possible. Optimism does not entail simply thinking positive thoughts, rather optimists *focus on the positives that actually exist*. The classic example of the glass half-full or half-empty does a nice job of reminding us that optimists choose to focus on the realistic positive aspect of having half a glass of water left and the pessimist chooses to focus on the negative reality that half the glass of water is already gone. Optimism does not make a person foolish or naïve.

This exercise is designed to help you think about times in your life when important doors have closed and what doors opened as a result.

Please write about three times in your life when you lost out on something important, when a big plan collapsed, or when you were rejected by someone. Then consider what doors opened after these important doors closed.

1. An important door that closed on me was:

and the door that opened as a result was:

2. An important door that closed on me was:

and the door that opened as a result was:

An important door that closed on me was:

and the door that opened as a result was:

Please reflect upon and briefly respond to the following questions:

1. How long after these doors closed were you able to see the doors that opened?

2. What, if anything, tends to get in the way of your ability to see the open doors?

3. What can you do in the future when doors close on you to more readily find the open doors?