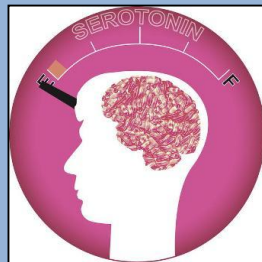


# Interpretive Style

*Martin Seligman – “Learned Optimism”*

## Pessimism (The 3 P’s):

- **Pervasive** (“It’s not just this, it’s everything.”)
- **Permanent** (“It’s not just now, it’s forever.”)
- **Personal** (“It’s all because of me and my personal failings.”)



## Optimism

- **Specific** (“It’s just this particular situation.”)
- **Temporary** (“It’s just for now; it will pass.”)
- **Multiple Causes** (“There’s many things that could be causing/contributing to this.”)

