



COUNTERFACTUAL THINKING

"What could've been"

WHAT IS IT?



Counterfactual thinking is imagining what could've happened (but didn't). You compare what actually happened to alternative outcomes.

THINGS TO AVOID...



Negative counterfactual thinking about grades, colleges, and peers. For example, thinking "I got denied from college, what would it be like if I got in."

THINGS TO TRY...



Think about how the outcome could've been worse and don't compare what happened to ideal situations. For example, if you are unhappy with a grade on a test think "it could've been worse, the next one can be better."

POSITIVE EFFECTS



If you engage in counterfactual thinking in a positive manner it can be used to improve self-esteem, reduce stress, pressure, and help you have a more positive outlook.

