



When Your Mind Always Assumes The Worst

ONE-PAGE REFLECTION



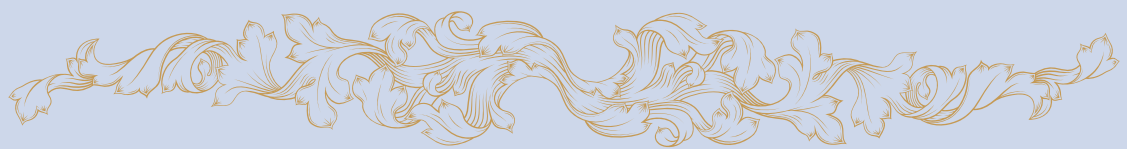
S Y L V A R A
V O Y A G E S

TURNING GRIEF
INTO GROWTH





This reflection is for educational and personal reflection purposes only. It is not therapy or crisis support. If completing this exercise feels overwhelming, pause and seek support from a trusted mental health professional or local crisis service if needed.



For adults who grew up preparing for what might go wrong before it ever happened.



When Your Brain Won't Stop Preparing for Disaster

If you grew up in an unpredictable home, expecting the worst wasn't irrational.
It was how your mind learned to protect you.

Think about the last time your mind immediately jumped to the worst possible outcome.
What happened?

What did your mind convince you was about to happen?

Looking back...

Looking back, do you think your mind was reacting to what was happening... or to something
it learned long ago?

One thought to leave with

Your mind isn't trying to make you anxious.
It's trying to keep you safe using lessons it learned years ago.

The question isn't,
"Why do I always expect the worst?"
It's,
"What taught me that I had to?"