



Let's take a closer look!

Widdle's job is to protect you from danger—in the present. That means that Widdle should only put you on alert when there is danger around you **RIGHT NOW**. Widdle is not supposed to put you on alert when you are daydreaming about what could happen in the future. Widdle is not supposed to put you on alert when you are **What Iffing** about the future!

What Iffing is when you ask questions about the future. You usually ask these questions to yourself. Tomas asks himself questions like these:

“What if my teacher asks me a question?”

“What if I see the girl I like in the hallway?”

“What if I walk to school and there is a dog?”

All of these questions can be answered by Til using **logical and rational** thought. A lot of times when you're What Iffing, Widdle gets confused. Widdle thinks because you are thinking about something that worries you, that you are in danger right NOW. He puts your body on alert for no reason. This makes you worry unnecessarily!

In this lesson, Widdle has been told that he is **not allowed** to handle What Iffing anymore. Instead, What Iffing is to be handled by Til. How? Til has a system called the Best Case – Worst Case – Most Likely Outcome exercise.

Next time you start What Iffing, use the **Best Case – Worst Case – Most Likely Outcome** exercise to calm your worries down.



Questions to think about...

- (1) What does What Iffing mean?
- (2) When is it okay for Widdle to put you on alert?
- (3) Can you think of a time when you were What Iffing? How would the Best Case – Worst Case – Most Likely Outcome exercise help you in that situation?