***What does awful mean?***

***Awful when properly defined*** is different than bad or very bad. When we “awfulize,” we think in extreme ways and create anxiety, worry, and panic. Therefore, it is essential to understand what awful means, that is to say how it is correctly defined so that you can avoid awfulizing and needlessly upsetting yourself over adverse events. Awful means:

1. Awful is an extreme evaluation of an adverse event and means terrible, the end of the bloody world…
2. Awful is an extreme evaluation of an adverse event and means more than bad or very bad. Awful means beyond very bad. Nothing worse could occur.
3. Awful is an extreme evaluation of an adverse event and means more than 100% bad, it is off the charts bad.
4. Awful is an extreme evaluation of an adverse event and means it is so bad it cannot be transcended.
5. Awful is an extreme evaluation of an adverse event and means **no good can come from bad.**
6. Awful is an extreme evaluation of an adverse event and means it is so bad it absolutely should not exist.