

# Creating by Destroying

Often, we are encouraged to avoid the negative and focus on the positive. What if paying attention to the negative is a positive?

1

## The awful and the dreadful

It's an ugly but necessary list.  
All those things that would  
make the learning process horrible,  
regrettable and just wrong.



2

## Where am I in this?

Consider, does anything  
I do resemble an item  
on that awful list?



3

## Make it better

What can I do right now  
to stop contributing to one of  
these things...or more than one?



4

## The hopeful and fulfilling

By focusing on the things we  
do to contribute to the negative  
experience, we can start to build  
a better learning experience.