

<b>STRATEGY GROUP: Affective</b>
<b>STRATEGY SET: Encouraging yourself</b>
<b>STRATEGY: Taking risks wisely</b>

This strategy does not imply wild, unnecessary risks, like guessing at random or saying anything at all regardless of its degree of relevance. Risk taking must therefore be tempered by good judgement. Deciding to be a wise risk taker may require the supportive use of other affective strategies, such as making positive statements or rewarding yourself.