Appendix 8
Text Structures Useful for Bad Times

Valuable Advice
¬ Why I’m giving you this advice
¬ One rule and how it works
¬ Another rule and how it works
¬ If you follow these, then...
Mark Twain

A Bad Situation A Lot of Us Are In
¬ A description of how bad we have it
¬ What we could do for ourselves
¬ How many of us there are
¬ The worst part
¬ What we can do to make things better
Lester Hunter

Picking up the Pieces
¬ What happened
¬ Why I didn’t see it coming
¬ The damage it has caused
¬ What we will do about it
Franklin D. Roosevelt

Comforting a Friend in Pain
¬ I know you’re suffering
¬ A thought about life’s ups and downs
¬ Advice: use the bad feelings don’t be used by it
¬ What all you should do or not do
¬ You will prevail
Henry James

I Feel Your Pain
¬ Our bond (who we are)
¬ Wrong ideas other people have about you
¬ What you’re dealing with (and why it’s bad)
¬ How if it’s bad for one person, it’s bad for all
¬ Imagine good for all (how that will look)
¬ What we will say when that day comes
John F. Kennedy