Steps for Increasing Positive Emotions

BUILD POSITIVE EXPERIENCES

SHORT TERM: Do pleasant things that are possible now.

♦ INCREASE pleasant events that prompt positive emotions.
♦ Do ONE THING each day from the Adult Pleasant Events Schedule (see Emotion Regulation Handout 8)

LONG TERM: Make changes in your life so that positive events will occur more often. Build a "life worth living:"

♦ Work toward goals: ACCUMULATE POSITIVES.
   Make list of positive events you want.
   List small steps toward goals.
   Take first step.
♦ ATTEND TO RELATIONSHIPS.
   Repair old relationships.
   Reach out for new relationships.
   Work on current relationships.
♦ AVOID AVOIDING. Avoid giving up.

BE MINDFUL OF POSITIVE EXPERIENCES

♦ FOCUS attention on positive events that happen.
♦ REFOCUS when your mind wanders to the negative.

BE UNMINDFUL OF WORRIES

DISTRACT from:

♦ Thinking about when the positive experience WILL END.
♦ Thinking about whether you DESERVE this positive experience.
♦ Thinking about how much more might be EXPECTED of you now.