

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.