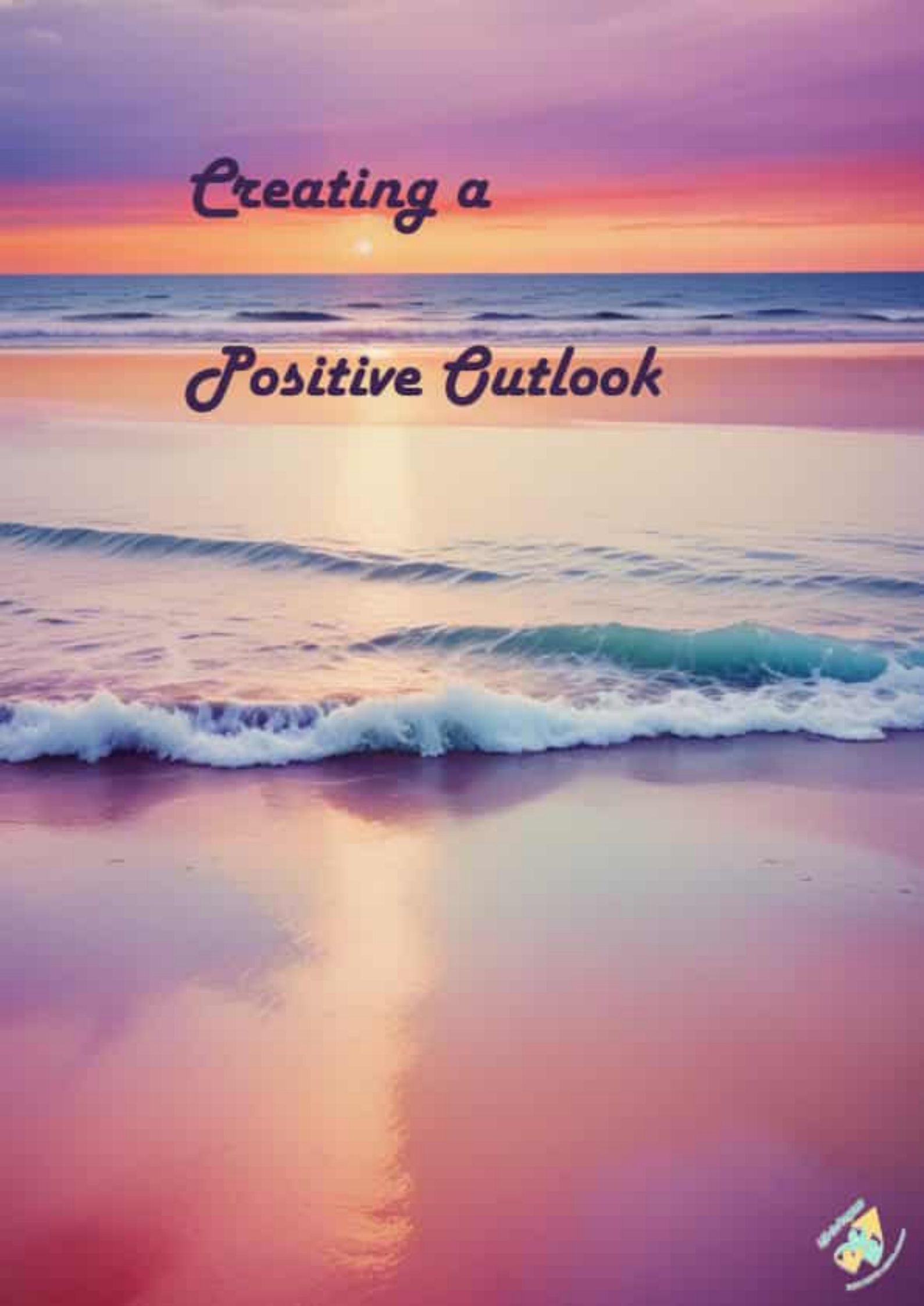
Creating a Positive Outlook



ENHANCING POSITIVE EMOTIONS CREATING A POSITIVE OUTLOOK

MF
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POSITIVE EMOTIONS

Positive emotions like happiness, joy and enjoyment are not only pleasant, they have also been found to broaden one's awareness and encourage new, varied, and exploratory thoughts and actions. In other words, when we experience positive emotions, we look at the world in a different way; a way that is characterized by more openness to new experiences, a broader scope of visual attention, more creativity and so on.

Simply put, we "open up" when we experience positive emotions.

Positive emotions can undo lingering negative emotions because they put the negative emotions in a broader perspective. If we can cultivate these positive emotions, we can use them to deal with negative emotions. Also, because of their broadening effect, positive emotions allow us to find good in future events. People who can quickly bounce back from stressful events in life have been found to experience more positive emotions even in the face of stress. Having these positive emotions is what helps us to build up resources to cope with negative emotional experiences in the long run.

ACKNOWLEDGING

In this session, we are going to focus on positive emotions. An example of a positive emotion is gratitude. In this exercise, we are going to explore the positive feeling of gratitude by remembering people who have profoundly influenced you in your life. These are the people who had a great positive influence on you: grandparents or parents, teachers, bosses, a spouse, a child, or some iconic person you have never even met. Consider three of these people, mention their names, and tell your coach how they contributed to your life.

Person #1 - Name:

How this person has positively contributed to your life:

Person #2 - Name:
How this person has positively contributed to your life:

Person #3 - Name:
How this person has positively contributed to your life:

POSITIVE EMOTIONAL BRAINSTORMING

A powerful way to generate more positive emotions is by generating possible ideas for increasing positive emotions in daily life. The exercise below can be used for this purpose and targets the type of positive emotions that are experienced least often/are most underrepresented from your day-to-day life.

Step 1
From the list below, which of the ten positive emotions do you feel least daily? Choose one emotion to work with. Here are some:

Types of Positive Emotion:

- ☐ Amused, fun-loving, or silly
- ☐ Awe, wonder, or amazement
- ☐ Grateful, appreciative, or thankful
- ☐ Hopeful, optimistic, or encouraged
- ☐ Inspired, uplifted, or elevated
- ☐ Interested, alert, or curious
- ☐ Joyful, glad, or happy
- ☐ Love, closeness, or trust
- ☐ Proud, confident, or self-assured
- ☐ Serene, content, or peaceful

Step 2

Write the three words from the number that you picked under “My least experienced positive emotions” below.

My least experienced positive
Emotion #1
Emotion #2
Emotion #3

Step 3

Take ten minutes to discuss how you can increase the opportunities in your life to experience the three emotions more often. Let your mind wander and don’t limit your possibilities. Possible categories for your ideas include:

- Activities that you already do, but could do more often
- New activities
- Changing your mindset about current

Activities List Ideas

Ideas:

Idea #1

Idea #2

Idea #3

Idea #4

Idea #5

Idea #6

Idea #7

Idea #8

Idea #9

Idea #10

NEXT

1. Select one or more positive activities to carry out this week. These positive activities can (but do not necessarily have to) serve as consequences for being able to successfully commit to the goals. In other words, these positive activities serve as a reward for you to act in line with your goals and values. For example, you may think of small rewards like watching television, buying a small gift, spending time with friends, etc. You may also use the list of activities that you generated in this exercise as a guide or source of inspiration. In any case, these activities should elicit positive emotions.

INSIGHTS

Use the space below to write down notes regarding this session. For example, you may write down important insights, things you need to remember, etc. Feel free to use the space in a way that serves your needs.

COMMITMENTS

Please consider how you want to proceed after these sessions in order to stay on track, maintain or further improve a valued way of living and/or moving closer to DEFINING your goals:

This is how I would like to proceed after this intervention: