

Exercise sheet

LIST OF HAPPY EVENTS



Take a sheet of paper and list the 10 happiest moments of your life. These can be times when you were alone or with others. Small moments of happiness are perfectly acceptable.

For each moment, write down how you felt and what you could observe at that moment. Your emotions, your physical sensations, your thoughts. As if you were telling someone about that moment.

Then close your eyes and imagine yourself experiencing that moment right now. Take a moment to feel things as if you were there. As you do this, breathe calmly and smile. Smiling sends lots of positive information to your brain.

Example:



3. THE DAY I TURNED 18:

All my loved ones were there, my friends, my family, everyone.

I felt so loved and cared for. Everything was light, joyful.

We had hired a beautiful room with a great caterer. I can still taste the chocolate cake in my mouth. I can hear the music. We danced all night.

My body was relaxed. My friends wrote me a song. I was really moved.

I felt just how connected we were. Everyone was laughing...