

Bryant M. Stone &  
Amanda B. Chamberlain

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**The PPI Companion  
Client Workbook:  
Activities, Handouts, and  
Notes for Successful Therapy**

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The Essential Addition to  
Promoting Well-Being with The  
PPI Companion

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Amanda B. Chamberlain  
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## **Introduction**

*"The good life is a process, not a state of being.  
It is a direction, not a destination."*

**Carl Rogers**



## Introduction

Research examining twins suggests that one's happiness is changeable through active efforts to promote well-being. Specifically, the study found that well-being is approximately 50% determined by genetics but only 10% by circumstances. This finding suggests that life events, socioeconomic status, and living context determine one's well-being; yet the circumstance and genetics are not the most important contributors. Instead, the most crucial cause of one's well-being, which accounts for 40% of the variability, is one's active efforts or behaviors to *promote* one's well-being. As a result, this research suggests that one can largely influence one's well-being through active and intentional efforts. We will take advantage of the 40% of variability in well-being explained by active efforts by using positive psychological interventions (PPIs), which are evidence-based activities designed to promote your well-being.

### Questions to Ponder:

What brought you into therapy today?

What moment made you decide to come to therapy?

Why do you think you're experiencing these emotions?

What will help you succeed?

What should my therapist avoid to make this a better experience for you?

What have you liked/disliked about previous therapy experiences?

What are you hoping to gain from therapy?

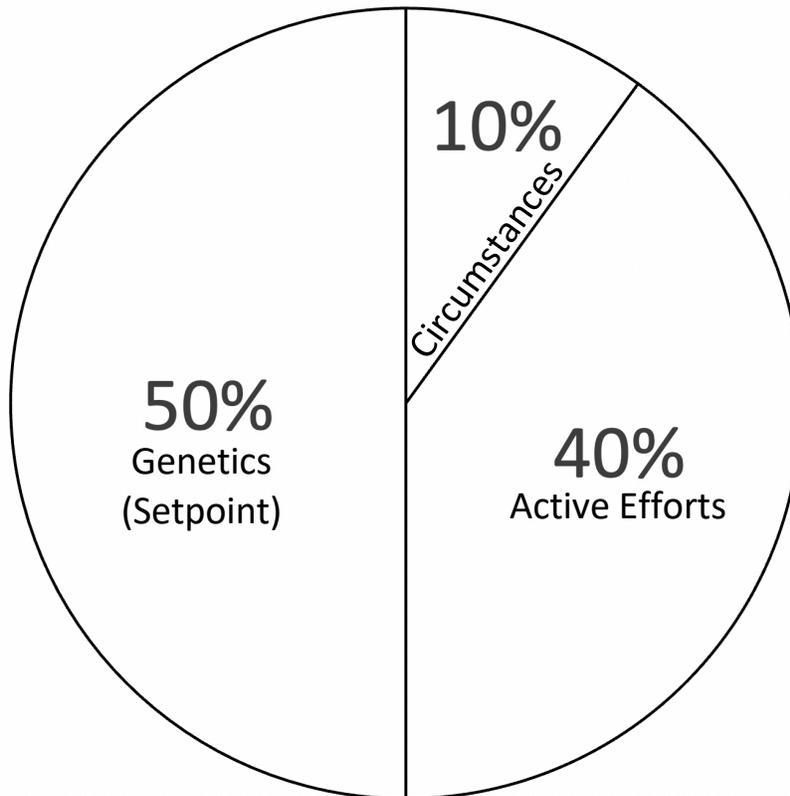
What support do you have?

What would your life look like if therapy was successful?

What motivates you to improve your life?

What are your biggest obstacles?

## The Basis for Positive Psychological Interventions

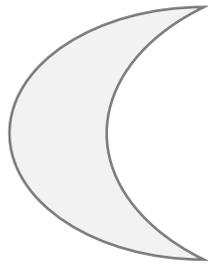


The basis for PPIs is displayed in the pie chart above. Researchers have found that around 50% of well-being is determined by genetics or what we call a “setpoint.” The setpoint is basically our baseline level of well-being determined by genetic factors. The interesting part of this research is that only 10% of our well-being comes from our circumstances, which is why we see happy people in poor living situations and sad or depressed people in good living conditions. Feelings of well-being are largely subjective!

The major takeaway here, though, is that 40% of our well-being is determined by active efforts, which are the behaviors we engage in to promote our well-being. That means that 40% of your well-being is determined by your behavior, which, unlike thoughts and emotions, is largely in your control.

The basis of the therapy you are about to engage in uses this 40% to promote well-being. With the help of your clinician, you will learn the behavioral skills to promote well-being, a fuller engagement with life, and a pursuit of goals and values.

The following domains of PPIs will guide this therapy: 1) Pursuing Goals, 2) Finding Meaning, 3) Expressing Gratitude, 4) Savoring Moments, 5) Expressing Empathy, 6) Forgiveness, 7) Acts of Kindness, 8) Using Character Strengths, and 9) Experiencing Optimism.



### **Goal Setting**

*"Shoot for the moon.  
Even if you miss, you'll land among the stars."*

**Les Brown**





## Goal Pursuits

Setting goals is one of the most effective ways of promoting your motivation and it is supported by research. Goals can be short-term and take less time and effort to achieve, or long-term, taking years or a lifetime to achieve. For your time in therapy, you will focus more on short-term goals, but may also set a couple of long-term goals and break them down into more digestible and achievable steps. Pursuing personal goals is associated with enhancements in both physical and psychological well-being. Additionally, goals give you a measurable way to track progress and help you stay on track for your progress. Consider using your personal strengths and values to set goals, as they are more personally meaningful. Additionally, by focusing on these strengths, as opposed to just problems or symptoms, we hope to increase confidence for achieving personally relevant goals that persists beyond the end of therapy. Setting goals also leads to more hope, as you are setting your sights on a more positive and meaningful future.

### Questions to Ponder:

Why do you want to achieve these goals?

Tell me how achieving these goals would add meaning to your life.

How do these goals align with your values?

What obstacles will get in the way of your goals?

What would not meeting these goals mean about you? (Good for challenging beliefs)

With whom can you share these goals?

Tell me about your success or failure with goals in the past.

How will you handle setbacks?

How will you reward yourself for your efforts?

With whom can you celebrate your successes?

## Goal Pursuits Worksheet

This worksheet is designed to help you create short-term, easily achievable goals. Think about some positive changes that you would like to see in your life and write them below. Then, bring these goals to life by writing about how achieving these goals would affect your life. What would change? How would these changes make you feel?

### Goal 1:

What is your specific goal? Exercise more frequently

How will you measure the success of this goal? Number of times I go to the gym

How will we know when you achieve this goal? I will go to the gym two times a week.

Once on Tuesdays and once on Thursday.

What would achieving this goal look like in your life?

1. More energy Feeling: Motivated
2. More confidence Feeling: Content
3. Less stress Feeling: Calm
4. I would have something to do in my spare time Feeling: Happy

## Goal Pursuits Worksheet

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### Goal 1:

What is your specific goal? \_\_\_\_\_

How will you measure the success of this goal? \_\_\_\_\_

\_\_\_\_\_

How will we know when you achieve this goal? \_\_\_\_\_

\_\_\_\_\_

What would achieving this goal look like in your life?

1. \_\_\_\_\_ Feeling: \_\_\_\_\_

2. \_\_\_\_\_ Feeling: \_\_\_\_\_

3. \_\_\_\_\_ Feeling: \_\_\_\_\_

4. \_\_\_\_\_ Feeling: \_\_\_\_\_

**Goal 2:**

What is your specific goal? \_\_\_\_\_

How will you measure the success of this goal? \_\_\_\_\_

\_\_\_\_\_

How will we know when you achieve this goal? \_\_\_\_\_

\_\_\_\_\_

What would achieving this goal look like in your life?

1. \_\_\_\_\_ Feeling: \_\_\_\_\_

2. \_\_\_\_\_ Feeling: \_\_\_\_\_

3. \_\_\_\_\_ Feeling: \_\_\_\_\_

4. \_\_\_\_\_ Feeling: \_\_\_\_\_

**Goal 3:**

What is your specific goal? \_\_\_\_\_

How will you measure the success of this goal? \_\_\_\_\_

\_\_\_\_\_

How will we know when you achieve this goal? \_\_\_\_\_

\_\_\_\_\_

What would achieving this goal look like in your life?

1. \_\_\_\_\_ Feeling: \_\_\_\_\_

2. \_\_\_\_\_ Feeling: \_\_\_\_\_

3. \_\_\_\_\_ Feeling: \_\_\_\_\_

4. \_\_\_\_\_ Feeling: \_\_\_\_\_

### Positive Changes to Achieve Your Goals

Now that you have determined your goals to work towards throughout therapy, we want to start making positive changes to help you achieve these goals. Below, you will determine and complete three positive changes you can make for each goal. These changes should be simple and easy to accomplish. For example, if exercising is one's goal, one might consider buying a gym membership or running shoes as a positive change. Or these changes could be telling someone about your goals or setting up a timeline.

Goal 1: Exercising more frequently

List three positive changes you made to prepare for your success to achieve these goals:

Change 1: Buying gym shoes and outfit

Change 2: Setting a time each week to go to the gym

Change 3: Telling someone important about your goal

## Positive Changes to Achieve Your Goals

Now that you have determined your goals to work towards throughout therapy, we want to start making positive changes to help you achieve these goals. Below, you will determine and complete three positive changes you can make for each goal. These changes should be simple and easily accomplishable. For example, if exercising is one's goal, one might consider buying a gym membership or running shoes as a positive change. These changes could also be telling someone about your goals or setting up a timeline.

**Goal 1:** \_\_\_\_\_

List three positive changes you made to prepare for your success to achieve this goal:

Change 1: \_\_\_\_\_

Change 2: \_\_\_\_\_

Change 3: \_\_\_\_\_

**Goal 2:** \_\_\_\_\_

List three positive changes you made to prepare for your success to achieve this goal:

Change 1: \_\_\_\_\_

Change 2: \_\_\_\_\_

Change 3: \_\_\_\_\_

**Goal 3:** \_\_\_\_\_

List three positive changes you made to prepare for your success to achieve this goal:

Change 1: \_\_\_\_\_

Change 2: \_\_\_\_\_

Change 3: \_\_\_\_\_



## Additional Goal-Setting Worksheets

## Goal Pursuits Worksheet

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How will you measure the success of this goal? \_\_\_\_\_

\_\_\_\_\_

How will we know when you achieve this goal? \_\_\_\_\_

\_\_\_\_\_

What would achieving this goal look like in your life?

5. \_\_\_\_\_ Feeling: \_\_\_\_\_

6. \_\_\_\_\_ Feeling: \_\_\_\_\_

7. \_\_\_\_\_ Feeling: \_\_\_\_\_

8. \_\_\_\_\_ Feeling: \_\_\_\_\_

**Goal 2:**

What is your specific goal? \_\_\_\_\_

How will you measure the success of this goal? \_\_\_\_\_

\_\_\_\_\_

How will we know when you achieve this goal? \_\_\_\_\_

\_\_\_\_\_

What would achieving this goal look like in your life?

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What would achieving this goal look like in your life?

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How will you measure the success of this goal? \_\_\_\_\_

\_\_\_\_\_

How will we know when you achieve this goal? \_\_\_\_\_

\_\_\_\_\_

What would achieving this goal look like in your life?

9. \_\_\_\_\_ Feeling: \_\_\_\_\_

10. \_\_\_\_\_ Feeling: \_\_\_\_\_

11. \_\_\_\_\_ Feeling: \_\_\_\_\_

12. \_\_\_\_\_ Feeling: \_\_\_\_\_

**Goal 2:**

What is your specific goal? \_\_\_\_\_

How will you measure the success of this goal? \_\_\_\_\_

\_\_\_\_\_

How will we know when you achieve this goal? \_\_\_\_\_

\_\_\_\_\_

What would achieving this goal look like in your life?

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10. \_\_\_\_\_ Feeling: \_\_\_\_\_

11. \_\_\_\_\_ Feeling: \_\_\_\_\_

12. \_\_\_\_\_ Feeling: \_\_\_\_\_

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What is your specific goal? \_\_\_\_\_

How will you measure the success of this goal? \_\_\_\_\_

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\_\_\_\_\_

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How will we know when you achieve this goal? \_\_\_\_\_

\_\_\_\_\_

What would achieving this goal look like in your life?

13. \_\_\_\_\_ Feeling: \_\_\_\_\_

14. \_\_\_\_\_ Feeling: \_\_\_\_\_

15. \_\_\_\_\_ Feeling: \_\_\_\_\_

16. \_\_\_\_\_ Feeling: \_\_\_\_\_

**Goal 2:**

What is your specific goal? \_\_\_\_\_

How will you measure the success of this goal? \_\_\_\_\_

\_\_\_\_\_

How will we know when you achieve this goal? \_\_\_\_\_

\_\_\_\_\_

What would achieving this goal look like in your life?

13. \_\_\_\_\_ Feeling: \_\_\_\_\_

14. \_\_\_\_\_ Feeling: \_\_\_\_\_

15. \_\_\_\_\_ Feeling: \_\_\_\_\_

16. \_\_\_\_\_ Feeling: \_\_\_\_\_

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How will you measure the success of this goal? \_\_\_\_\_

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How will we know when you achieve this goal? \_\_\_\_\_

\_\_\_\_\_

What would achieving this goal look like in your life?

13. \_\_\_\_\_ Feeling: \_\_\_\_\_

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How will you measure the success of this goal? \_\_\_\_\_

\_\_\_\_\_

How will we know when you achieve this goal? \_\_\_\_\_

\_\_\_\_\_

What would achieving this goal look like in your life?

17. \_\_\_\_\_ Feeling: \_\_\_\_\_

18. \_\_\_\_\_ Feeling: \_\_\_\_\_

19. \_\_\_\_\_ Feeling: \_\_\_\_\_

20. \_\_\_\_\_ Feeling: \_\_\_\_\_

**Goal 2:**

What is your specific goal? \_\_\_\_\_

How will you measure the success of this goal? \_\_\_\_\_

\_\_\_\_\_

How will we know when you achieve this goal? \_\_\_\_\_

\_\_\_\_\_

What would achieving this goal look like in your life?

17. \_\_\_\_\_ Feeling: \_\_\_\_\_

18. \_\_\_\_\_ Feeling: \_\_\_\_\_

19. \_\_\_\_\_ Feeling: \_\_\_\_\_

20. \_\_\_\_\_ Feeling: \_\_\_\_\_

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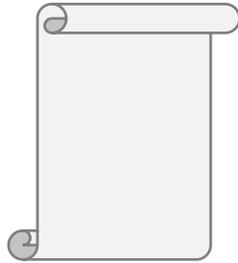
**Goal 3:** \_\_\_\_\_

List three positive changes you made to prepare for your success to achieve this goal:

Change 1: \_\_\_\_\_

Change 2: \_\_\_\_\_

Change 3: \_\_\_\_\_



### **Meaning**

*"There is not one big cosmic meaning for all;  
there is only the meaning we each give to our life,  
an individual meaning,  
an individual plot,  
like an individual novel,  
a book for each person."*

**Anaïs Nin**



## Meaning

Meaning in life refers to a life that involves purpose, significance, and coherence / cohesion from one life event to the next. Regarding coherence, some think that life is more meaningful when the world, one's life, and the events in one's life make sense and flow together. Purpose in life means an individual's personal direction and set of goals or aspirations to pursue, and significance means seeing the value that is inherent to one's life and perceiving it as one worth living. Having meaning in life can improve the quality of your life, it may make you feel better, and some evidence suggests that it can improve your health. What brings meaning to your life? Consider the following questions...

### Experiences

What were the most challenging experiences you have encountered?  
What did you learn from those challenging experiences?  
What do those challenging experiences mean to you?  
How do those challenging experiences fit into your life story?  
What were the most rewarding experiences you have encountered?  
What did you learn from those rewarding experiences?  
What do those rewarding experiences mean to you?  
How do those rewarding experiences fit into your life story?

### Relationships

Who are the people that are most important to you?  
How have these important people shaped who you are today?  
What do these important people mean to you?  
What would your life look like without these important people?  
Who are the people who have hurt you?  
How have these hurtful people shaped who you are/aren't?  
What do these hurtful people mean to you?  
What would your life look like without these hurtful people?

### Vocation/Calling

What do you believe you were you put on earth to do?  
How has this calling changed your life?  
How does it feel to engage with your calling?  
Who has you helped when you were engaging with your calling?  
Who are your mentors?  
How have these mentors helped you?  
What would it mean to you if you could engage with your calling in the future?  
What are some things that have stopped you from engaging with your calling?

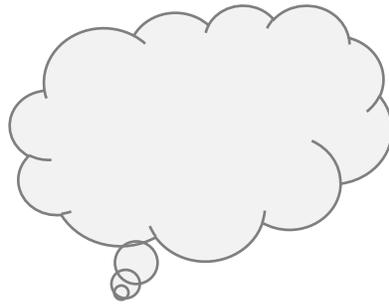












## **Gratitude**

*"Gratitude unlocks the fullness of life.  
It turns what we have into enough, and more.  
It turns denial into acceptance,  
chaos to order,  
confusion to clarity.  
It can turn a meal into a feast,  
a house into a home,  
a stranger into a friend."*

**Anaïs Nin**



## Gratitude

Gratitude is an emotion of appreciating positive things one has in one's life, including people, objects, opportunities, and personal traits. In the context of therapy, gratitude refers to recognizing and responding with appreciation or positive emotions to the positive roles other individuals have played in your life and the positive outcomes and experiences you experienced because of them. The promotion of gratitude may decrease depressive symptoms and promote well-being, life satisfaction, optimism, a better ability to cope with stress, prosocial behaviors, empathy, forgiveness, and spirituality.

### Questions to Ponder:

Who helped you get to where you are today?

What are you grateful for having in your life?

What couldn't you live without?

Who couldn't you live without?

What parts of your life make you feel blessed?

What is something you wish would happen that would make you feel grateful?

In what ways are you fortunate?

What are some abilities that you are grateful to have?

What are some small things you appreciate?

What life experiences are you grateful for having?











## Counting Your Blessings

There are many opportunities throughout the day to be grateful. Use this record form to track of 3-5 good things that happened during your day for which you are grateful. You can record these experiences as they happen or all at once at the end of the day.

### Monday

1. \_\_\_\_\_ I spent time with my grandma \_\_\_\_\_
2. \_\_\_\_\_ I woke up well-rested \_\_\_\_\_
3. \_\_\_\_\_ I ate a good breakfast \_\_\_\_\_
4. \_\_\_\_\_ I didn't have traffic on my way to work \_\_\_\_\_
5. \_\_\_\_\_ I played my favorite game on my phone \_\_\_\_\_

*Reflection Question:* What more could I do for others?

We recommend folding the corner of the page as a bookmark.  
You may visit this section frequently.

**Dates of the Week:**

**Counting Your Blessings**

There are many opportunities throughout the day to be grateful. Use this record form to track 3-5 good things that happened during your day for which you are grateful. You can record these experiences as they happen or all at once at the end of the day. You do not need to write out a response to the provided questions for reflection.

**Monday**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_

*Reflection Question: What more could I do for others?*

**Tuesday**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_

*Reflection Question: What did I receive today?*

**Wednesday**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

*Reflection Question: What did I give today?*

**Thursday**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

*Reflection Question: Who helped me out today?*

**Friday**

1. \_\_\_\_\_
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*Reflection Question: Who could I help tomorrow?*

**Saturday**

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*Reflection Question: What would I have changed about today?*

**Sunday**

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4. \_\_\_\_\_
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*Reflection Question: Who helped me get to where I am today?*



## **Additional Gratitude Worksheets**

**Dates of the Week:**

### **Counting Your Blessings**

There are many opportunities throughout the day to be grateful. Use this record form to track 3-5 good things that happened during your day for which you are grateful. You can record these experiences as they happen or all at once at the end of the day. You do not need to write out a response to the provided questions for reflection.

#### **Monday**

6. \_\_\_\_\_

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*Reflection Question:* What more could I do for others?

#### **Tuesday**

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*Reflection Question:* What did I receive today?

**Wednesday**

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*Reflection Question: What did I give today?*

**Thursday**

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*Reflection Question: Who could I help tomorrow?*

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*Reflection Question: What more could I do for others?*

#### **Tuesday**

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*Reflection Question: What more could I do for others?*

#### **Tuesday**

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*Reflection Question: What more could I do for others?*

#### **Tuesday**

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*Reflection Question: What did I receive today?*

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*Reflection Question: What more could I do for others?*

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*Reflection Question: What more could I do for others?*

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*Reflection Question: Who helped me get to where I am today?*





**Savoring**

*"A champion understands that it's fine to savor an experience...  
to remember it, to celebrate it."*

**Bob Rotella**





## Savoring

Savoring is perceiving positive experiences and sensations with the intention of focusing one's awareness to intensify and prolong the pleasurable moments and experiences. Savoring is similar to mindfulness and involves being in the present and attending to specific details of the environment and experiences. You can savor any experience, including eating or memories. Certain activities can increase savoring, including writing about an experience, being present around other people, focusing the meaning of the experience, and keeping in mind that the experience is short-lived. Engaging in savoring may promote life satisfaction, feeling in control, optimism, resilience, and reduce depression.

### Questions to Ponder:

What could you be doing when your mind wanders to the past or future?

What brings you joy in life and why?

What was the last time you were fully present for something?

What are your favorite parts of your day?

What is your favorite daily positive experience?

What experiences make you feel alive?

If you only had a year left to live, what would you do with your time?

What do you want to experience fully in life?

What experiences matter the most to you?

What positive experiences can you focus on during the next week?

### Savoring Moments Worksheet

Over the next week, you can keep track of the moments you decide to savor each day. Try to pick at least one moment to savor each day and use this worksheet to keep track of your experiences.

Monday Moment: I savored the walk to get my mail

Time: 10:30AM Feeling: Calm

How did savoring change the experience? I was able to enjoy the feeling of the sun on my skin

## Savoring Moments Worksheet

Over the next week, you can keep track of the moments you decide to savor each day. Try to pick at least one moment to savor each day and use this worksheet to keep track of your experiences.

**Monday Moment:** \_\_\_\_\_

Time: \_\_\_\_\_ Feeling: \_\_\_\_\_

How did savoring change the experience? \_\_\_\_\_

**Tuesday Moment:** \_\_\_\_\_

Time: \_\_\_\_\_ Feeling: \_\_\_\_\_

How did savoring change the experience? \_\_\_\_\_

**Wednesday Moment:** \_\_\_\_\_

Time: \_\_\_\_\_ Feeling: \_\_\_\_\_

How did savoring change the experience? \_\_\_\_\_

**Thursday Moment:** \_\_\_\_\_

Time: \_\_\_\_\_ Feeling: \_\_\_\_\_

How did savoring change the experience? \_\_\_\_\_

**Friday Moment:** \_\_\_\_\_

Time: \_\_\_\_\_ Feeling: \_\_\_\_\_

How did savoring change the experience? \_\_\_\_\_

**Saturday Moment:** \_\_\_\_\_

Time: \_\_\_\_\_ Feeling: \_\_\_\_\_

How did savoring change the experience? \_\_\_\_\_

**Sunday Moment:** \_\_\_\_\_

Time: \_\_\_\_\_ Feeling: \_\_\_\_\_

How did savoring change the experience? \_\_\_\_\_

## **Additional Savoring Worksheets**

## Savoring Moments Worksheet

Over the next week, you can keep track of the moments you decide to savor each day. Try to pick at least one moment to savor each day and use this worksheet to keep track of your experiences.

**Monday Moment:** \_\_\_\_\_

Time: \_\_\_\_\_ Feeling: \_\_\_\_\_

How did savoring change the experience? \_\_\_\_\_

**Tuesday Moment:** \_\_\_\_\_

Time: \_\_\_\_\_ Feeling: \_\_\_\_\_

How did savoring change the experience? \_\_\_\_\_

**Wednesday Moment:** \_\_\_\_\_

Time: \_\_\_\_\_ Feeling: \_\_\_\_\_

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Time: \_\_\_\_\_ Feeling: \_\_\_\_\_

How did savoring change the experience? \_\_\_\_\_

**Sunday Moment:** \_\_\_\_\_

Time: \_\_\_\_\_ Feeling: \_\_\_\_\_

How did savoring change the experience? \_\_\_\_\_



### **Empathy**

*"Resolve to be tender with the young,  
compassionate with the aged,  
sympathetic with the striving  
and tolerant with the weak and wrong.  
Sometime in your life, you will have been all of these."*

**Gautama Buddha**





## Empathy

Empathy is an emotional response to the interpretation of the emotions of others in a way that is identical or similar to the actual or expected feeling of that individual. Empathy can promote healthy behaviors and better relationships. Empathy typically focuses on an individual's negative emotions (e.g., sadness), where the validation and acceptance of these emotions is important. But it can also focus on the understanding and vicarious experiencing of an individual's positive emotions (e.g., happiness), usually because of a positive experience or outcome. Empathy may promote your personal strengths, approaching of goals, experiencing of positive emotions, social competence, perspective taking, life satisfaction, agreeableness, extraversion, and positive emotions like joy. The repeated experience of empathy increases may increase your tendency to attend to and respond to other people's needs and improve relationships. Empathy is an essential part of the human experience.

### Questions to Ponder:

- What does it feel like to understand other people?
- How has understanding other people helped you understand yourself?
- Tell me about someone in your life who is known for their empathy.
- What is your definition of empathy?
- How has empathy impacted your relationships?
- What makes it hard to empathize with other people?
- Who do you wish you could express more empathy towards?
- How do you react when someone asks for your help?
- How do you react when someone asks for your comfort or support?
- How does the way people are treated in society make you feel?

## Perspective Taking

Use this worksheet before your conversation to guide your navigation of another person's experience in a situation of interest. Pick a situation where someone you feel comfortable with contacting is involved. The situation can be positive or negative.

Describe the situation: \_\_\_\_\_

\_\_\_\_\_

Who was the person involved? \_\_\_\_\_

What do you think that person was thinking?

1. \_\_\_\_\_

2. \_\_\_\_\_

What do you think that person was feeling?

1. \_\_\_\_\_

2. \_\_\_\_\_

Why might that person have reacted the way they did?

\_\_\_\_\_

\_\_\_\_\_

How would you feel if this situation happened to you?

\_\_\_\_\_

\_\_\_\_\_

What would you think if this situation happened to you?

\_\_\_\_\_

\_\_\_\_\_

\*\*\*Now practice saying something empathetic towards that person regarding the situation

## Expressing Empathy Record Form

Use the following form after your conversation to record your experience of expressing empathy towards the other individual.

Day: \_\_\_\_\_ Time: \_\_\_\_\_

When I expressed empathy, it made me feel:

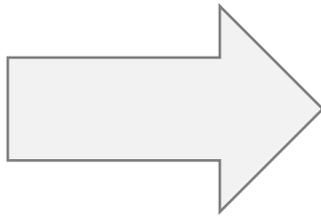
1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

When I expressed empathy, I thought:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

As a result of my experience expressing empathy, in the future I will:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



## **Forgiveness**

*"Forgiving isn't something you do for someone else.  
It's something you do for yourself.  
It's saying, 'You're not important enough to have a stranglehold on me.'  
It's saying, 'You don't get to trap me in the past. I am worthy of a future.'"*

**Jodi Picoult**



## Forgiveness

Forgiveness is a process of change involving willingly responding to an incidence of interpersonal harm in a way that is helpful to oneself, as opposed to responding with avoidance or revenge. Forgiveness in this context involves dealing or coping with the limitations of other individuals. It focuses on recognizing that the individual has room for change and growth, and hoping they can achieve that needed learning and growth. This approach holds the individual accountable for their actions, while also empathizing with the individual's humanity and capacity for change. Forgiveness may promote physical and mental health and life satisfaction. Forgiveness may also reduce anxiety and depression, improved self-esteem, increase hope, change the perception and attitudes towards the transgressor, and help with grief after a loss.

**What is Forgiveness?** Many people have misconceptions about what forgiveness comprises. To clarify any of these misconceptions, this worksheet on the next page delineates what forgiveness is and is not in the context of this therapy. Remember that forgiveness is not condoning or excusing the misbehavior of others, nor does it mean that one should repair the relationship with the transgressor. See if you can work with your therapist to determine what forgiveness looks like in your life.

### Questions to Ponder:

Tell me about who has hurt you?

How has someone hurt you in the past?

What would you say to your transgressor today?

What emotions do you have towards your transgressor?

Tell me how not forgiving is affecting you.

How could forgiveness help you?

How have you grown since the incident?

How has your life changed since the incident?

How is the incident affecting you today?

How would moving on impact your life?

## What is Forgiveness?

### Forgiveness is...

- a decision for you to make.
- letting go of the need to control or influence the other person or situation.
- setting healthy boundaries or limits on what you will deem as acceptable behavior.
- something you do for yourself.
- a desire to move on.
- letting go of the desire to get revenge.

### Forgiveness is not...

- something other people can tell you to do.
- forgetting what the person has done.
- letting the person out of the consequences of their behaviors.
- letting go or denying the feelings that the behavior or situation created.
- creating excuses for the person's behavior.
- reconciling or remaining in an unhealthy relationship.
- losing.

An example where I thought forgiveness was good was when I: \_\_\_\_\_

\_\_\_\_\_

An example where I thought forgiveness was good was when I: \_\_\_\_\_

\_\_\_\_\_

An example where I thought forgiveness was bad was when I: \_\_\_\_\_

\_\_\_\_\_

An example where I thought forgiveness was bad was when I: \_\_\_\_\_

\_\_\_\_\_

## Forgiveness Letter Details Worksheet

Together with your clinician, you will use this worksheet to work out the details of what you will say in your forgiveness letter.

Who: \_\_\_\_\_

What was the incident (briefly summarize): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

When did the incident happen? \_\_\_\_\_

\_\_\_\_\_

How did the incident make you feel then (list three emotions)?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

How does thinking about the incident make you feel now (list three emotions)?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

When you think about the incident or person, what are some thoughts you have?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

How has this incident changed you? \_\_\_\_\_

---

---

What are some benefits to forgiving this person?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

State how forgiving this person is about you, and does not condone or excuse the behavior or repair the relationship:

---

---

If you could say something to this person today, what would you say? \_\_\_\_\_

---

---

What exactly would you say to this person? \_\_\_\_\_

---

---











**Additional Forgiveness Worksheets**

## Forgiveness Letter Details Worksheet

Together with your clinician, you will use this worksheet to work out the details of what you will say in your forgiveness letter.

Who: \_\_\_\_\_

What was the incident (briefly summarize): \_\_\_\_\_

---

---

---

When did the incident happen? \_\_\_\_\_

---

How did the incident make you feel then (list three emotions)?

4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

How does thinking about the incident make you feel now (list three emotions)?

4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

When you think about the incident or person, what are some thoughts you have?

4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

How has this incident changed you? \_\_\_\_\_

---

---

What are some benefits to forgiving this person?

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

State how forgiving this person is about you, and does not condone or excuse the behavior or repair the relationship:

---

---

If you could say something to this person today, what would you say? \_\_\_\_\_

---

---

What exactly would you say to this person? \_\_\_\_\_

---

---













## Forgiveness Letter Details Worksheet

Together with your clinician, you will use this worksheet to work out the details of what you will say in your forgiveness letter.

Who: \_\_\_\_\_

What was the incident (briefly summarize): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

When did the incident happen? \_\_\_\_\_

\_\_\_\_\_

How did the incident make you feel then (list three emotions)?

7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_

How does thinking about the incident make you feel now (list three emotions)?

7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_

When you think about the incident or person, what are some thoughts you have?

7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_

How has this incident changed you? \_\_\_\_\_

---

---

What are some benefits to forgiving this person?

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

State how forgiving this person is about you, and does not condone or excuse the behavior or repair the relationship:

---

---

If you could say something to this person today, what would you say? \_\_\_\_\_

---

---

What exactly would you say to this person? \_\_\_\_\_

---

---













## Forgiveness Letter Details Worksheet

Together with your clinician, you will use this worksheet to work out the details of what you will say in your forgiveness letter.

Who: \_\_\_\_\_

What was the incident (briefly summarize): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

When did the incident happen? \_\_\_\_\_

\_\_\_\_\_

How did the incident make you feel then (list three emotions)?

10. \_\_\_\_\_

11. \_\_\_\_\_

12. \_\_\_\_\_

How does thinking about the incident make you feel now (list three emotions)?

10. \_\_\_\_\_

11. \_\_\_\_\_

12. \_\_\_\_\_

When you think about the incident or person, what are some thoughts you have?

10. \_\_\_\_\_

11. \_\_\_\_\_

12. \_\_\_\_\_

How has this incident changed you? \_\_\_\_\_

---

---

What are some benefits to forgiving this person?

10. \_\_\_\_\_

11. \_\_\_\_\_

12. \_\_\_\_\_

State how forgiving this person is about you, and does not condone or excuse the behavior or repair the relationship:

---

---

If you could say something to this person today, what would you say? \_\_\_\_\_

---

---

What exactly would you say to this person? \_\_\_\_\_

---

---



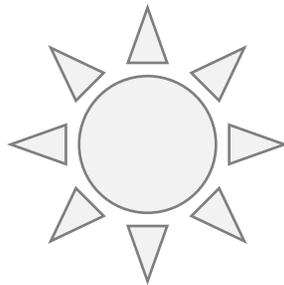












### **Kindness**

*"Be an encourager.  
Scatter sunshine.  
Who knows whose life you might touch,  
with something as simple as a kind word."*

**Debbie Macomber**





## Kindness

Kindness is doing good deeds and favors for other individuals that often include putting someone else's needs above your own. This skill also aims to broaden our individualized focus and increase our connection with our surrounding world, as some individuals often turn inward and narrow their focus when upset. Kindness may promote life satisfaction, well-being, relationship qualities, and physical health and reduce depression. Kindness is a way to help yourself by helping others.

### Questions to Ponder:

What does it feel like to help others?

How has helping others helped you?

What motivates you to help others?

Tell me about a time you completed an act of kindness.

Tell me about what it feels like when someone helps you.

Who in your life could use some help?

What do you think completing an act of kindness would mean to a stranger?

How do you think kindness could help you?

Tell me about a significant instance when someone help you.

### Savoring Acts of Kindness

Use this worksheet to think about three times when you have completed acts of kindness.

Act of Kindness 1: Paid for a stranger's cup of coffee

Feeling: Joy

Reaction: They were very happy

Consequence: I felt good about myself

Thoughts: "I enjoy helping others"

---

## Savoring Acts of Kindness

Use this worksheet to think about three times when you have completed acts of kindness.

**Act of Kindness 1:** \_\_\_\_\_

Feeling: \_\_\_\_\_

Reaction: \_\_\_\_\_

Consequence: \_\_\_\_\_

Thoughts: \_\_\_\_\_

\_\_\_\_\_

**Act of Kindness 2:** \_\_\_\_\_

Feeling: \_\_\_\_\_

Reaction: \_\_\_\_\_

Consequence: \_\_\_\_\_

Thoughts: \_\_\_\_\_

\_\_\_\_\_

**Act of Kindness 3:** \_\_\_\_\_

Feeling: \_\_\_\_\_

Reaction: \_\_\_\_\_

Consequence: \_\_\_\_\_

Thoughts: \_\_\_\_\_

\_\_\_\_\_

### Novel Acts of Kindness Brainstorm Worksheet

Use the following worksheet to plan potential acts of kindness for the selected day.

Day of the Week: Monday

Time	Person	Location	Act	Workability Rating
1:00 AM				
2:00 AM				
3:00 AM				
4:00 AM				
5:00 AM				
6:00 AM				
7:00 AM	Pet	Home	Give pet treats and cuddles	7
8:00 AM	Stranger	Coffee Shop	Buy someone's coffee order	8
9:00 AM				
10:00 AM				
11:00 AM				
12:00 PM	Coworker	Breakroom	Eat lunch with coworker	6
1:00 PM				
2:00 PM	Stranger	Office	Hold door for someone	9
3:00 PM				
4:00 PM				
5:00 PM	Spouse	Home	Cook their favorite dinner	7
6:00 PM				
7:00 PM	Friend	Home	Send an appreciation text	10
8:00 PM	Spouse	Home	Watch their favorite show	9
9:00 PM				
10:00 PM				
11:00 PM				
12:00 AM				

### Novel Acts of Kindness Brainstorm Worksheet

Use the following worksheet to plan potential acts of kindness for the selected day.

Day of the Week: \_\_\_\_\_

Time	Person	Location	Act	Workability Rating
1:00 AM				
2:00 AM				
3:00 AM				
4:00 AM				
5:00 AM				
6:00 AM				
7:00 AM				
8:00 AM				
9:00 AM				
10:00 AM				
11:00 AM				
12:00 PM				
1:00 PM				
2:00 PM				
3:00 PM				
4:00 PM				
5:00 PM				
6:00 PM				
7:00 PM				
8:00 PM				
9:00 PM				
10:00 PM				
11:00 PM				
12:00 AM				

### Five Acts of Kindness in One Day

Completing five acts of kindness in one day will result in higher life satisfaction and happiness and lower depressive symptoms than doing one act of kindness a day over a week. The goal for the next week is to pick one day to complete five acts of kindness in one day.

Day of the Week: Monday

Act of Kindness 1: Bought a coffee for a stranger

Time: 11:05AM Feeling: Happy Reaction: Positive

## Five Acts of Kindness in One Day

Completing five acts of kindness in one day may result in stronger life satisfaction and well-being and fewer depressive symptoms than doing one act of kindness a day over a week. The goal for the next week is to pick one day to complete five acts of kindness in one day.

Day of the Week: \_\_\_\_\_

**Act of Kindness 1:** \_\_\_\_\_

\_\_\_\_\_

Time: \_\_\_\_\_ Feeling: \_\_\_\_\_ Reaction: \_\_\_\_\_

**Act of Kindness 2:** \_\_\_\_\_

\_\_\_\_\_

Time: \_\_\_\_\_ Feeling: \_\_\_\_\_ Reaction: \_\_\_\_\_

**Act of Kindness 3:** \_\_\_\_\_

\_\_\_\_\_

Time: \_\_\_\_\_ Feeling: \_\_\_\_\_ Reaction: \_\_\_\_\_

**Act of Kindness 4:** \_\_\_\_\_

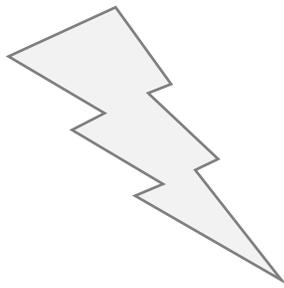
\_\_\_\_\_

Time: \_\_\_\_\_ Feeling: \_\_\_\_\_ Reaction: \_\_\_\_\_

**Act of Kindness 5:** \_\_\_\_\_

\_\_\_\_\_

Time: \_\_\_\_\_ Feeling: \_\_\_\_\_ Reaction: \_\_\_\_\_



### **Strengths**

*"Strengths and weaknesses are the main elements of our characters.  
While it's dumb to think you are fault free,  
it's also harmful to see yourself as worthless."*

**Asmaa Dokmak**





## Session 9 – Strengths

Character strengths are positive qualities or traits that everyone has in various amounts. It is important to make some distinctions about what we mean when we talk about strengths. A strength is a trait that is individually fulfilling and valuable, not just as a tool for advancement (i.e., not just a means to an end). It does not devalue other individuals but instead can be beneficial to other people as well as yourself. Strengths are positive traits that are often cultivated and encouraged by society. When individuals implement activities where they use their identified strengths, it may lead to well-being, life satisfaction, and less stress, and fewer depressive symptoms. Everyone has strengths, let's find yours!

### **Questions to Ponder:**

How do you feel about your strengths?

What do you like about yourself?

How can you use your strengths?

What positive things have other people said about you?

What character traits have helped you overcome adversity?

What parts of you make you the proudest?

Who do you aspire to be?

Who are your role models and why?

Tell me about your greatest success.

What makes you feel like a worthy person?

## Character Strengths Assessment

Please fill out the following survey to determine your best character strengths.

1 = not true of me, 2 = somewhat true of me, 3 = true of me  
4 = very true of me, 5 = extremely true of me

1. I find it enjoyable to express my feelings through art or writing.

1      2      3      4      5

2. I have a vivid imagination.

1      2      3      4      5

3. I think outside of the box.

1      2      3      4      5

Total: \_\_\_\_\_

1. The world is full of interesting stuff.

1      2      3      4      5

2. I have questions about the world that I love to think about and explore.

1      2      3      4      5

3. I wish I knew more about my favorite topic or hobby.

1      2      3      4      5

Total: \_\_\_\_\_

1. Before acting, I think thoroughly about the consequences.

1      2      3      4      5

2. I have a good sense of judgment.

1      2      3      4      5

3. I am a cautious person.

1      2      3      4      5

Total: \_\_\_\_\_

1. I am a bold person.

1      2      3      4      5

2. I don't let fear or uncertainty hold me back.

1      2      3      4      5

3. I face my challenges head on.

1      2      3      4      5

Total: \_\_\_\_\_

1. Honesty is the best policy.

1      2      3      4      5

2. I tell the true, even if it is unpleasant.

1      2      3      4      5

3. I take responsibility for my actions.

1      2      3      4      5

Total: \_\_\_\_\_

1. I persevere through my challenges.

1      2      3      4      5

2. I have overcome a great deal of struggles.

1      2      3      4      5

3. Life's drawbacks have not stopped me.

1      2      3      4      5

Total: \_\_\_\_\_

1. I am a kind person.

1      2      3      4      5

2. I like doing things for other people.

1      2      3      4      5

3. I wish I volunteered more often.

1      2      3      4      5

Total: \_\_\_\_\_

1. I love being close to my friends and family.

1      2      3      4      5

2. I feel a strong bond with my friends and family.

1      2      3      4      5

3. I care deeply about people.

1      2      3      4      5

Total: \_\_\_\_\_

1. I am grateful for all the kind things people have done for me.

1      2      3      4      5

2. I would not be where I am today without the help of others.

1      2      3      4      5

3. I appreciate the kind things other have done for me.

1      2      3      4      5

Total: \_\_\_\_\_

1. My future looks bright.

1      2      3      4      5

2. I have a positive outlook on life.

1      2      3      4      5

3. I expect good things to happen to me.

1      2      3      4      5

Total: \_\_\_\_\_

1. People think I am funny.

1      2      3      4      5

2. I like to use humor to lighten the mood.

1      2      3      4      5

3. I enjoy watching others smile and laugh.

1      2      3      4      5

Total: \_\_\_\_\_

1. I follow a routine.

1      2      3      4      5

2. I always do what is best for me.

1      2      3      4      5

3. I am disciplined.

1      2      3      4      5

Total: \_\_\_\_\_

1. I treat people fairly.

1      2      3      4      5

2. I think everyone should have a fair chance in life.

1      2      3      4      5

3. I enjoy doing what is best for everyone.

1      2      3      4      5

Total: \_\_\_\_\_

1. I approach life with excitement.

1      2      3      4      5

2. Others have told me that I am enthusiastic.

1      2      3      4      5

3. I am an energetic person.

1      2      3      4      5

Total: \_\_\_\_\_

1. I feel a spiritual connection to the universe.

1      2      3      4      5

2. I am at awe with the aspects of reality that are hard to explain.

1      2      3      4      5

3. When making important decisions, my spirituality often provides answers.

1      2      3      4      5

Total: \_\_\_\_\_

1. I am interested in understanding things I do not know.

1      2      3      4      5

2. I have a love for learning.

1      2      3      4      5

3. I want to know more about my favorite topic.

1      2      3      4      5

Total: \_\_\_\_\_

1. I am a modest person.

1      2      3      4      5

2. I do not brag about my accomplishments.

1      2      3      4      5

3. I can admit when I am wrong.

1      2      3      4      5

Total: \_\_\_\_\_

1. I enjoy savoring positive memories and experiences.

1      2      3      4      5

2. I take time to taste all the flavors of my food.

1      2      3      4      5

3. I enjoy taking walks in nature.

1      2      3      4      5

Total: \_\_\_\_\_

1. I am aware of the emotions of others.

1      2      3      4      5

2. I want to cry when I see others crying.

1      2      3      4      5

3. I feel joy when good things happen to others.

1      2      3      4      5

Total: \_\_\_\_\_

1. I can pick up on the small details in social interactions.

1      2      3      4      5

2. I have a good understanding of when it's my turn to speak and listen.

1      2      3      4      5

3. I can learn a lot about others' relationships by watching other people interact with each other.

1      2      3      4      5

Total: \_\_\_\_\_

## Character Strengths Assessment Score Sheet

Take the total item scores and add them to this sheet to develop a clear understanding of the your signature strengths. The character strengths on this sheet are in the same order as on the survey.

1. Creativity \_\_\_\_\_
2. Curiosity \_\_\_\_\_
3. Judgment \_\_\_\_\_
4. Bravery \_\_\_\_\_
5. Honesty \_\_\_\_\_
6. Perseverance \_\_\_\_\_
7. Kindness \_\_\_\_\_
8. Love \_\_\_\_\_
9. Gratefulness \_\_\_\_\_
10. Optimism \_\_\_\_\_
11. Humor \_\_\_\_\_
12. Discipline \_\_\_\_\_
13. Fairness \_\_\_\_\_
14. Zest \_\_\_\_\_
15. Spirituality \_\_\_\_\_
16. Love Learning \_\_\_\_\_
17. Humility \_\_\_\_\_
18. Savoring \_\_\_\_\_
19. Empathy \_\_\_\_\_
20. Social IQ \_\_\_\_\_

### Using Signature Strengths

Although it is beneficial just to know one's signature strengths, one can benefit the most from using their signature strengths. Over the next week, pick your top two signature strengths, and use them in a novel manner three times each.

Signature Strength: \_\_\_\_\_ Kindness \_\_\_\_\_

Novel Use 1: \_\_\_\_\_ I bought a stranger a cup of coffee. \_\_\_\_\_

Day: Monday Time: 9:40 AM Emotion after Using Strength: Joy

## Using Signature Strengths

Although it is beneficial just to know one's signature strengths, one can benefit the most from using one's signature strengths in a novel manner. Over the next week, pick your top two signature strengths, and use them in a novel manner three times each.

Signature Strength: \_\_\_\_\_

### Novel Use 1:

\_\_\_\_\_  
\_\_\_\_\_

Day: \_\_\_\_\_ Time: \_\_\_\_\_ Emotion after Using Strength: \_\_\_\_\_

### Novel Use 2:

\_\_\_\_\_  
\_\_\_\_\_

Day: \_\_\_\_\_ Time: \_\_\_\_\_ Emotion after Using Strength: \_\_\_\_\_

### Novel Use 3:

\_\_\_\_\_  
\_\_\_\_\_

Day: \_\_\_\_\_ Time: \_\_\_\_\_ Emotion after Using Strength: \_\_\_\_\_

Signature Strength: \_\_\_\_\_

**Novel Use 1:**

\_\_\_\_\_  
\_\_\_\_\_

Day: \_\_\_\_\_ Time: \_\_\_\_\_ Emotion after Using Strength: \_\_\_\_\_

**Novel Use 2:**

\_\_\_\_\_  
\_\_\_\_\_

Day: \_\_\_\_\_ Time: \_\_\_\_\_ Emotion after Using Strength: \_\_\_\_\_

**Novel Use 3:**

\_\_\_\_\_  
\_\_\_\_\_

Day: \_\_\_\_\_ Time: \_\_\_\_\_ Emotion after Using Strength: \_\_\_\_\_

Signature Strength: \_\_\_\_\_

**Novel Use 1:**

\_\_\_\_\_  
\_\_\_\_\_

Day: \_\_\_\_\_ Time: \_\_\_\_\_ Emotion after Using Strength: \_\_\_\_\_

**Novel Use 2:**

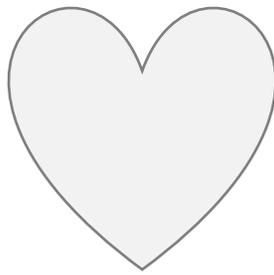
\_\_\_\_\_  
\_\_\_\_\_

Day: \_\_\_\_\_ Time: \_\_\_\_\_ Emotion after Using Strength: \_\_\_\_\_

**Novel Use 3:**

\_\_\_\_\_  
\_\_\_\_\_

Day: \_\_\_\_\_ Time: \_\_\_\_\_ Emotion after Using Strength: \_\_\_\_\_



**Optimism**

*"Don't be pushed around by the fears in your mind.  
Be led by the dreams in your heart."*

**Roy Bennet**





## Optimism

Optimism is a positive view on life, even in times of struggle, and is a broad sense of confidence regarding life outcomes instead of positive beliefs about a specific event. People with more optimism have higher confidence in their ability to approach and achieve goals. Cultivating positive attitudes toward achieving realistic goals is helpful and healthy. Further, optimism may promote positive affect, motivation, effort, goal engagement, and better coping, even in times of stress. Optimism may also help you develop social networks and relationships, as well as general emotional well-being.

### Questions to Ponder:

What kind of person do you want to become?

Who will be present in your ideal future?

How does your ideal future differ from most people's ideal futures?

What job do you want to have?

What do you want people to say about you at your retirement party?

Who do you want to have in your life in the coming years?

What do you want to have in your life in the coming years?

If everything works out for you, what would your life look like?

What are three things you want to happen?

\

**Optimistic vs. Pessimistic Interpretation**

Situation 1: Getting sick and having to take off work.

Pessimistic Interpretation: I had to miss my meetings and assignments, which will pile up and be even more to do when I return to work.

Optimistic Interpretation: I got to take time off work and relax at home with the kids. We played games and I made lunch.

## Optimistic vs. Pessimistic Interpretation

**Situation 1:** \_\_\_\_\_

Pessimistic Interpretation: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Optimistic Interpretation: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Situation 2:** \_\_\_\_\_

Pessimistic Interpretation: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Optimistic Interpretation: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Situation 3:** \_\_\_\_\_

Pessimistic Interpretation: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Optimistic Interpretation: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Best Possible Self Detail Worksheet

List five character traits or values that you will have in your ideal future. Who do you want to be?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

List five negative habits or behaviors that you will no longer have in your ideal future:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Who are some of the people who will be with you in your ideal future?

---

---

List five activities you can do with the people in your life in your ideal future (i.e., going on vacation):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

5. \_\_\_\_\_

What is your dream job/role? \_\_\_\_\_

What would you be doing at this dream job/role?

\_\_\_\_\_  
\_\_\_\_\_

Describe your house in your ideal future: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Describe your car in your ideal future: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Describe some emotions you may have in your ideal future and why you might experience those emotions:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

Describe some thoughts you may have in your ideal future and why you might experience those thoughts:

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_

What does this ideal future mean to you? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

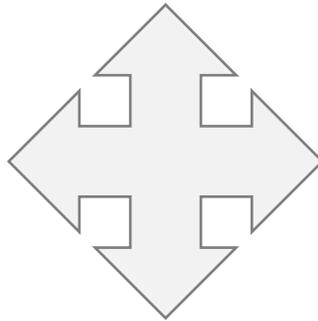












### **Termination**

*"You may not control all the events that happen to you,  
but you can decide not to be reduced by them."*

**Maya Angelou**



## Session 11 – Termination

Saying goodbye is never fun but think about all the progress you have made from the beginning. Remember that new challenges, new and old symptoms of health conditions, and falling into old behavior are part of normal life. Everyone does it. Thus, let's review what you learned and develop a plan for when it happens.

### **Questions to Ponder:**

How have you changed throughout therapy?

What skills most helped you experience these changes

How is your life different now that therapy is coming to an end?

What did you learn about yourself in therapy?

Where do you want to be in your life in the coming years?

How will you use the skills you learned in therapy?

What are some major takeaways from therapy?

How will you handle setbacks?

What setbacks do you expect?

Who can you reach out to for support?

What are some strategies you can use to prevent relapse?

## Goal Setting

Now that you have completed a course of therapy, it is time to start thinking about the next steps in your life. You can create a list of goals that you would like to see yourself accomplish within the next week to several years of your life. It may be best to write easier goals for the short term and more challenging goals for the long term.

In the next week I would like to:

1. \_\_\_\_\_

2. \_\_\_\_\_

In the next month I would like to:

1) \_\_\_\_\_

2) \_\_\_\_\_

In the next year I would like to:

1) \_\_\_\_\_

2) \_\_\_\_\_

In the next five years I would like to:

1) \_\_\_\_\_

2) \_\_\_\_\_

## Relapse Plan

### Reminders:

Relapse is normal, as emotions naturally ebb and flow

Relapse is not a failure

Life is full of potential stressors

Everyone has rough times

Warning Signs:	Steps to take:	Potential obstacles:

## Therapy Summary

**Goal Pursuits** – A change in behaviors for the purpose of achieving a specific outcome.

- Setting and Achieving Realistic Goals

**Meaning** – Moving towards a life that is characterized by predictable connections and includes purpose, significance, and coherence.

- Life Narrative

**Gratitude** – Appreciating positive things one has in their life, including people, things, opportunities, and personal traits.

- The Gratitude Letter
- Counting Blessings

**Savoring** – Perceiving positive experiences and sensations differently, with the intention of focusing the awareness to intensify and draw out pleasurable moments and experiences.

- Reminiscing
- Mindful Eating
- Practicing Savoring

**Empathy** – The emotional response to the interpretation of the emotions of another individual and experiencing an identical or similar emotion to the actual or expected feeling.

- Perspective Taking
- Expressing Empathy

**Forgiveness** – A process of psychological change involving willingly responding to an incidence of interpersonal harm in a way that is prosocial, as opposed to responding with avoidance or revenge.

- Forgiveness Letter

**Acts of Kindness** - Doing good deeds and favors for other individuals that often include putting someone else's needs above your own.

- Savoring Kindness
- Five Acts of Kindness in One Day

**Strengths** – Skills that people excel at or traits that are positive and meaningful.

- Strengths Assessment
- Using Strengths in a Novel Manner

**Optimism** – A positive view of life, even in times of struggle.

- Optimistic Interpretation
- Best Possible Selves

**Termination**

- Goal Setting
- Relapse Plan

## Further Readings

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