

Activity 7.1: Light or Dark?

Use this activity as the first activity to either assess your positivity or enhance your outlook.

Happiness Is a Choice.

Attitude is everything. One of the greatest things about life is that we have the freedom to choose our attitudes, our thoughts, and our actions. As with any freedom, it comes with responsibility. If you make a poor choice, the outcome is also your responsibility. As depicted below, all life can be envisioned as a spectrum of light ranging from the darkest black of negativity, wrong-doing, and despair to the brightest light of goodness and positivity. Choosing to be negative means that you have decided to be dark, critical, and reactive. You choose not to take action to make your situation better; you choose to remain more stressed and unhappy than you could be. Choosing the light means you choose to be as positive, proactive, and good as you can most of the time; you choose to take control of your life.

The Light Continuum



1. Circle which level of brightness below best reflects your attitude most of the time:

Very Dark Dark Twilight Light Bright

2. Based on your response above choose the best match below and push out the boundaries of your light by considering the following.

Dark: You may like darkness, want to punish yourself, or feel your situation is hopeless. Consider what it is costing you to be negative and critical. What will happen to you if you don't change? How does this affect others? What would it take to let a little light in?

Twilight: Perhaps you find the motivation to maintain a happy attitude, or just don't care to. Consider why you feel you don't deserve more happiness. What's standing in your way?

Light: You consistently choose to be happy and positive. Consider how you let your light shine? How could it shine even brighter? How do you keep it from growing dim?

Consistent dark feelings may need professional help. Don't delay; get the help you deserve today!