

FINDING / CREATING PLEASURE WORKSHEET

We can find good, and bad, in almost anything. The point of this exercise is finding good things about the labors we regularly engage in, so we can move their positive aspects / benefits forward in our consciousness. Doing so makes the pleasure we can derive from doing them more pronounced.

1. List the labors you regularly engage in on a regular basis. For example: "Making and receiving phone calls"

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____
- f. _____
- g. _____

2. Now rewrite them below in the left column next to the letter, in a 2 or 3 word phrase. For example "Phone calls"

TASK POSITIVES	PLEASURES OF THAT TASK
a. _____	_____
b. _____	_____
c. _____	_____
d. _____	_____
e. _____	_____
f. _____	_____
g. _____	_____

3. Now go back and write in the right hand column beside each one, positive things about that task.

For example: Lucy used to hate washing dishes. It was a drudgerous chore. She dreaded it and frequently put off doing it. Then one day she hung a sign in her kitchen which read "Washing dishes is a blessing and a privilege." What that sign reminded her, was of the fact that her

washing dishes meant that her family was blessed with good food to eat (there are many who don't have that), and that her family had sat around the table enjoying a meal together. The meal for her was a significant part of her "home" and "family life". Washing dishes meant that they had enjoyed some very positive experiences that day. She took it a step further and realized she actually enjoyed the feeling of the water on her skin as she washed the dishes, and she loved the thought and idea that her dishes were spotlessly clean. As a result she came to where she actually enjoyed washing the dishes, because it filled her mind with good things. This eliminated her resistance to doing dishes and increased her energy for doing them. So to continue our example, let's say you list "Phone calls" for the task, and then you recognize that for you, a significant positive in making phone calls is that you make and build social connections, and out of this will likely come some rewarding friendships. So in the right column you would write something like "Making and building social relationships / friendships."

4. Each day, review the pleasures you've associated with each of your labors, until they become automatic in your thinking about those labors. Then a weekly review will help keep them there.