

POSITIVE FEELINGS WORKSHEET

For this worksheet, you will need to have completed the Finding / Creating Pleasure Worksheet.

1. List below in the column on the left next to the letters, the labors /tasks you listed in the Finding / Creating Pleasure Worksheet.

<u>Task</u>	<u>Good Feelings That Come From The Task's Pleasures</u>
a. _____	_____
b. _____	_____
c. _____	_____
d. _____	_____
e. _____	_____
f. _____	_____
g. _____	_____

2. Now for each task, list in the spaces on the right, the good feelings that you are able to feel from the pleasures you listed in the Finding / Creating Pleasure Worksheet for each task.

The pleasures in the Finding / Creating Pleasure Worksheet, lists good things about the task. But the good things are perceived by the mind. Here you want to focus on feelings that your body actually feels. This page speaks to your physical and emotional experience. We can believe something is good, without it feeling good; like taking bad-tasting medicine. Here we want to identify and focus on what FEELS good from the tasks. Use the Reference List of Good Feelings at the end of this worksheet, to help jump-start your thinking / search for positive feelings that could apply to each task.

To continue our example from the Finding / Creating Pleasure Worksheet, we would write "Phone calls" in the left column. Then reviewing the Finding / Creating Pleasure Worksheet, the pleasure that was listed was "Making and building social relationships / friendships." So when we review the positive feelings that might be associated with that, we realize that that activity makes us feel a sense of connection, and of being valuable to others. So in the right hand column we would write something like "I feel connected and valuable to others."

3. Now each day as you engage in the listed tasks, pause and try to actually feel the listed good feelings as a result of engaging in each task. Take a moment to drink in the positive energy that comes from feeling those good feelings. Through the course of the day, intentionally get excited and enthusiastic about the opportunity to feel those feelings, through those tasks.

Reference List of Good Feelings

SOCIAL RELATED

- Respectable
- Valuable
- Loveable
- Camaraderie
- Connected

AT EASE RELATED

- Relief
- Settled
- Peaceful

PHYSICAL RELATED

- Physical pleasure
- Physical pleasure
- Rested
- Energized

ACCOMPLISHMENT RELATED

- Victorious
- Attainment
- Proud

SECURITY RELATED

- Fortified
- Well stocked
- Safe
- In control

GENERAL

- Satisfaction
- Happy
- Mental pleasure
- Grateful
- Alive
- Excited / Awe
- Edification
- Rejuvenated