



**BUILD POSITIVE EXPERIENCES**

**SHORT TERM**

- Do pleasant things that are possible now.
- Increase pleasant events that prompt positive emotions
- Do ONE THING each day from the Adult Pleasant Events Schedule — see Emotion Regulation Handout 8

**LONG TERM**

- Make changes in your life so that positive events will occur more often.
- Build a “life worth living.”
- Work towards goals: ACCUMULATE POSITIVES
- Make a list of positive events you want
- List small steps towards goals
- Take the first step

**ATTEND TO RELATIONSHIPS**

- Repair old relationships
- Reach out for new relationships
- Work on current relationships

**AVOID AVOIDING**

- Avoid giving up.

**BE MINDFUL OF POSITIVE EXPERIENCES**

- FOCUS your attention on positive events that happen
- REFOCUS when your mind wanders to the negative
- Be UNMINDFUL of worries

**DISTRACT from:**

- Thinking about when the positive experience WILL END
- Thinking about whether you DESERVE this positive experience
- Thinking about how much more might be EXPECTED of you now

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