

# Emotion Regulation Handout 7

## Steps for Increasing Positive Emotions

### **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