WORKSHEET 107 · FOR THE PSYCHOLOGIST

Three good things

Training your attention on what is going well

AIM

Train attention to notice the positive events of daily life and their causes, as a counterweight to the negativity bias.

WHO IT IS FOR

Mild or moderate low mood, rumination, a tendency to see only what goes wrong, end of therapy (prevention).

DURATION

5 min every evening for 1 or 2 weeks

HOW TO RUN IT

1. Explain the negativity bias: the brain retains what goes wrong more easily.
2. Every evening, the person writes down three things that went well, however small.
3. For each one, they note why it happened (their part, other people's, chance).
4. In session, reread them together and look for what repeats.

POINTS TO WATCH

> Positive psychology complements support, it doesn't replace it. With marked depression, these exercises can increase the sense of failure if offered too early or as an obligation to "be fine": adapt the pace and first validate the difficult emotions.

REFERENCES

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PSYCHOLOGIST'S NOTES

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WORKSHEET 107 · WORKSHEET TO HAND OUT

Three good things

Our brain remembers what goes wrong more easily than what goes well: that was useful for survival, but it tints the day grey. This exercise trains your attention to see the rest too.

1. Every evening, think back over your day.
2. Write down three things that went well, even very small ones.
3. For each one, write why it happened.
4. Reread your notes at the end of the week.

Day	The good thing	Why it happened

What do I notice when I reread the week?

These exercises do not replace therapy. If you are in distress or having suicidal thoughts: 112 (European Union), 3114 (France) or the emergency number of the country where you live.

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