WORKSHEET 110 · FOR THE PSYCHOLOGIST

Savouring

Making good moments last

AIM

Learn to prolong and intensify the positive emotions of a pleasant moment (before, during, after), instead of letting it pass without paying attention.

WHO IT IS FOR

Difficulty enjoying things, mild anhedonia, stress, people “always thinking about what comes next”.

DURATION

A few minutes a day for a week

HOW TO RUN IT

1. Introduce the three stages of savouring: anticipating, living the moment, remembering.
2. Help the person choose a small pleasant moment each day.
3. During the moment: slowing down, noticing the sensations, sharing it if possible.
4. Afterwards: remembering it, telling someone about it, keeping something (a photo, a word).

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

Bryant, F. B. & Veroff, J. (2007). Savoring: A New Model of Positive Experience. Lawrence Erlbaum.

Bryant, F. B. (2003). Savoring Beliefs Inventory (SBI): A scale for measuring beliefs about savouring. Journal of Mental Health, 12(2), 175-196.

PSYCHOLOGIST’S NOTES

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WORKSHEET 110 · WORKSHEET TO HAND OUT

Savouring

We often live good moments already thinking about the next thing. Savouring is making a pleasant experience last: looking forward to it, living it fully and then remembering it.

1. Before: choose a small pleasant moment and think about it with pleasure.
2. During: slow down, notice what you see, hear, smell, taste.
3. Share it if you can, or tell yourself inwardly what you like about it.
4. Afterwards: think back on it, tell someone about it, keep something (a photo, a word).

Day	The moment	What I noticed	Pleasure /10

What helps me most to savour?

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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