WORKSHEET 111 · FOR THE PSYCHOLOGIST

My moments of flow

Getting back to the activities that absorb me

AIM

Identify the activities in which the person is fully absorbed (flow, engagement) and give them back some space.

WHO IT IS FOR

Boredom, lack of motivation, recovery from burnout, retirement, life abroad.

DURATION

15 min in session; observation over a week

HOW TO RUN IT

1. Explain flow: being so absorbed that you lose track of time, with a challenge matched to your abilities.
2. Look for past and present moments of flow.
3. Analyse what they have in common (challenge, skill, clear goal, immediate feedback).
4. Plan an activity of that kind during the week.

POINTS TO WATCH

> Some absorbing activities can become invasive (screens, games): the aim is to get back to chosen, nourishing activities. 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

Csikszentmihalyi, M. (1990). Flow: The Psychology of Optimal Experience. Harper & Row.

Seligman, M. E. P. (2011). Flourish: A Visionary New Understanding of Happiness and Well-being. Free Press.

PSYCHOLOGIST'S NOTES

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WORKSHEET 111 · WORKSHEET TO HAND OUT

My moments of flow

"Flow" is when you are so caught up in what you are doing that you forget the time: cooking, playing music, DIY, sport, writing… These moments feed engagement, one of the pillars of well-being.

1. Think of moments when you lost track of time, in the past or now.
2. Write what you were doing and what made that moment absorbing.
3. Look for what they have in common: a challenge, a skill, a clear goal.
4. Plan a moment like that this week.

Activity	When (past / now)	What made it absorbing	Planned for

What my moments of flow have in common:

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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