WORKSHEET 113 · FOR THE PSYCHOLOGIST

My acts of kindness

Doing good for others, and for me

AIM

Plan acts of kindness towards other people and observe their effect on mood and the sense of connection.

WHO IT IS FOR

Isolation, mild low mood, loss of meaning, people very focused on their difficulties.

DURATION

One week; a few minutes to plan and note things down

HOW TO RUN IT

1. Introduce the idea: doing good for others also increases the well-being of the person doing it.
2. The person chooses one day of the week and plans several small gestures for that day.
3. They note the gestures, the reaction and what they felt.
4. Go back over it in session: effect on mood, on relationships, limits.

POINTS TO WATCH

> For people who forget about themselves (who find it hard to say no, exhaustion), this exercise is not a priority: work on limits first (worksheets 86-87, 101). 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

Lyubomirsky, S., Sheldon, K. M. & Schkade, D. (2005). Pursuing happiness: The architecture of sustainable change. Review of General Psychology, 9(2), 111-131.

Curry, O. S., Rowland, L. A., Van Lissa, C. J., Zlotowitz, S., McAlaney, J. & Whitehouse, H. (2018). Happy to help? A systematic review and meta-analysis of the effects of performing acts of kindness on the well-being of the actor. Journal of Experimental Social Psychology, 76, 320-329.

PSYCHOLOGIST'S NOTES

© 2026 Gonzalo Garzo, clinical psychologist · gonzalogarzo.com · CC BY-NC-ND 4.0: free to share, no commercial use or modifications

WORKSHEET 113 · WORKSHEET TO HAND OUT

My acts of kindness

Doing good for others also does you good: it brings you closer and gives meaning. It isn't about sacrificing yourself, but about small gestures, chosen and done with pleasure.

1. Choose one day of the week.
2. Plan three to five small gestures for that day (helping, thanking, giving a little time).
3. Do them, without expecting anything in return.
4. Note what you did and what you felt.

The gesture	For whom	What I felt

What these gestures have changed for me:

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.

© 2026 Gonzalo Garzo, clinical psychologist · gonzalogarzo.com · CC BY-NC-ND 4.0: free to share, no commercial use or modifications