WORKSHEET 78 · FOR THE PSYCHOLOGIST

Building up positive moments

Creating pleasant emotions in daily life and a life that matters

AIM

Increase pleasant experiences in the short term and values-based activities in the long term, to reduce vulnerability to painful emotions.

WHO IT IS FOR

Frequent difficult emotions, life centred on managing crises.

DURATION

15 min in session; daily

HOW TO RUN IT

1. Distinguish the short term (one pleasant activity every day) from the long term (moving towards values).
2. List accessible pleasant activities.
3. Plan at least one a day and a small step towards a value each week.
4. Practise being present during the activity, without ruminating.

POINTS TO WATCH

> Pleasant activities must not become yet another obligation. Adjust if mood is very low (small steps).

REFERENCES

Linehan, M. M. (2015). DBT Skills Training Manual (2nd ed.). Guilford.

Martell, C. R., Dimidjian, S. & Herman-Dunn, R. (2010). Behavioral Activation for Depression: A Clinician's Guide. Guilford.

PSYCHOLOGIST'S NOTES

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WORKSHEET 78 · WORKSHEET TO HAND OUT

Building up positive moments

When life revolves around crises, pleasant moments get forgotten. Adding them deliberately, every day, makes you stronger in the face of difficult emotions.

1. A list of small, accessible pleasures (some music, a walk, a coffee with someone).
2. At least one pleasant moment a day, planned in advance.
3. During that moment, I stay present: I notice what is pleasant.
4. Every week, a small step towards something that matters to me.

Day	Planned pleasant moment	Done? (yes/no)	Pleasure /10

Which pleasant moments do I want to keep?

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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