



WAYS TO INCREASE THOUGHTS TO FEEL GOOD

1. INCREASING THE NUMBER OF HEALTHY/HELPFUL/PLEASANT THOUGHTS IN YOUR MIND

What are some thoughts that can help you to improve your mood? Make lists of positive and helpful thoughts about yourself and your life.

2. GIVE YOURSELF MENTAL PATS-ON-THE-BACK

Most of the things we do are not noticed by others. Therefore, it is important for us to notice them and give ourselves credit for doing them. We can take care of ourselves by noticing the good things we do. What are some of the things that you can give yourself credit for?



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Notes:

Sometimes depression gets in the way of having helpful thoughts.
Positive/healthy/pleasant thoughts can improve mood.
Learn to balance positive and negative thoughts.



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3. THINKING ABOUT THE FUTURE PAST.

Imagine yourself taking the steps to move toward a time when things will be better.

What would your future be like?

How would you feel about the new future?

What can you accomplish in the new future?

What are things I want in my future?

What are things I want to avoid in my future?

Now imagine yourself in the better future and look back.

What did you have to do to get there?

Why not start now?