What Went Right?

Many studies have shown that people are more affected by negative events than positive ones. People going through a difficult time in their lives are even more likely to filter the day's events so that they focus on what went wrong rather than on what went right.

This can be a serious problem because a negative attitude towards oneself and the world can predispose you to a variety of mental health and even physical health problems. For example, research shows that people with a positive attitude typically cope better with stress which in turn strengthens their immune system, lowers their blood pressure, and even helps them cope better with serious diseases. Not surprisingly, people with a positive attitude report that they are happier and their lives are more fulfilling.

This worksheet can help you develop a more positive attitude by making you focus on the things that went right rather than the things that went wrong.

At the end of each day, list three things that went right during the day. Then write down what you did to make this happen. Even if you did not cause something to go right, think of what you did to make something a positive experience. For example, you didn't cause a day to be warm and sunny, but perhaps you took the time to be outside and to enjoy it.

Date: _____

What went right?	What did you do to make this a positive experience?