



## Accumulating Positive Emotions: Short Term

Accumulate positive emotions in the short term by doing these things.

### **BUILD POSITIVE EXPERIENCES NOW**

- INCREASE PLEASANT EVENTS that lead to positive emotions.
- Do ONE THING each day from the Pleasant Events List.  
(See *Emotion Regulation Handout 16.*)
- Practice opposite action; AVOID AVOIDING.
- BE MINDFUL of pleasant events (no multitasking).

### **BE MINDFUL OF POSITIVE EXPERIENCES**

- FOCUS your attention on positive moments when they are happening.  
No multitasking.
- REFOCUS your attention when your mind wanders to the negative.
- PARTICIPATE and ENGAGE fully in each experience.

### **BE UNMINDFUL OF WORRIES**

Such as . . .

- When the positive experience will end.
- Whether you deserve this positive experience.
- How much more might be expected of you now.