

What's Going Well

NOTICING THE GOOD BETWEEN SESSIONS

Alongside the work on what feels difficult, it can help to notice what is going well — small moments, your own efforts and strengths. This isn't about ignoring hard feelings or having to feel positive. It's about adding to the whole picture.

Why It Can Help

Our minds lean toward problems

Research suggests negative experiences tend to grab more attention than positive ones. Gently noticing the good helps balance the view.

Small practices, real effects

In a randomised study, writing down three things that went well each night, and why, was linked with gains in happiness and fewer depressive symptoms over six months. Effects in wider research are generally modest.

How to Use This Sheet

- 1 Each evening, note up to three things that went well — big or small.
- 2 Add why it happened, and any part you played.
- 3 Name a strength you used — see the list below for ideas.
- 4 Circle your mood from 0 (very low) to 10 (very good).
- 5 At the end of the week, reflect and bring it to your session.

Strength Ideas

Kindness Courage Curiosity Perseverance Honesty Humour
Gratitude Creativity Patience Hope Fairness Self-control
Love of learning Teamwork Forgiveness Perspective Zest
Humility

Small Things Count Too

- A kind word, given or received
- A moment of calm or rest
- Something you coped with
- A task started or finished
- Time outside or in nature
- A laugh or shared moment

Hard days are welcome here too. If nothing comes to mind, something very small counts — or leave it blank. If your mood is very low or you feel unsafe, please contact your therapist, GP or local crisis services.

WEEK OF

ONE SMALL THING I'D LIKE TO LOOK OUT FOR THIS WEEK

DAY	WHAT WENT WELL up to three things — big or small	WHY IT HAPPENED including my part in it	STRENGTH I USED or one I noticed in others	MOOD 0 — 10
E.g.	1. A friend messaged to check in · 2. Walked in the sun at lunch · 3. Finished a task I'd put off	I replied, even though I felt tired; I chose to step outside.	Perseverance — kept going with the task.	6
Mon	1 2 3			0 5 10
Tue	1 2 3			0 5 10
Wed	1 2 3			0 5 10
Thu	1 2 3			0 5 10
Fri	1 2 3			0 5 10
Sat	1 2 3			0 5 10
Sun	1 2 3			0 5 10

LOOKING BACK ON THE WEEK

What patterns do I notice in what went well?

A MOMENT TO SAVOUR

One good moment — what did I see, hear or feel?

BRING TO NEXT SESSION

Something I'd like to build on, or talk about: