



Reconnecting to the Good Things: Tactics Group 6a, 6b, 6c

_____ Situation _____ Initials _____ Date _____

This is a single page summary of the good things in people's life that provide a source of positive emotion and wellbeing, if regularly recalled and put into action.

RE-CONNECTING TO SOURCES OF COMPOSURE

- Recall (write) and reconnect to **simple healthy activities** that make you feel composed...
- Recall (write) and reconnect to the **people that support you** and make you feel good...

RE-CONNECTING TO THE GOOD THINGS

- Recall (write) and reconnect to your past **accomplishments and successes...**
- Recall (write) and reconnect to **the good things** presently in your life, not matter how small. Not just gratitude, but the things you appreciate in people, things and situations.

RE-CONNECTING TO SOURCES OF STRENGTH

- Recall (write) and reconnect to your **values and principles in life...**
- Recall (write) and reconnect to your **sources of meaning and purpose (or just meaningful activity in your day)**, perhaps even the hopes and goals you have for future...
- Recall (write) and reconnect to your **strengths and abilities** that can serve you **NOW...** [Include any skill, ability or knowledge that you appreciate in yourself and feel grateful for having. Include things like: being a friend, parenting, listening, being able to contribute ideas to something].