

Three Good Things That Happened Today

When it comes to overcoming depression, studies suggest you can begin with simple steps to change your behavior. Even small changes in your daily life can have profound effects.

For example, Dr. Martin Seligman, sometimes called the father of Positive Psychology, asked a group of extremely depressed people to simply write down three good things that happened to them each day. The “good things” could be very small events, like feeling the warm sunshine on your face, calling a friend, or just watching a favorite TV show. Seligman discovered that within 15 days, 94 percent of the people in the study reported that they experienced some relief from their symptoms.

If you are suffering from depression, this exercise can likely help you too. Just make copies of this worksheet and use it at the end of each day for a minimum of three weeks.

Today’s Date _____

One good thing that happened today . . .

A second good thing that happened today . . .

A third good thing that happened today . . .
