

Exercise sheet

I CHANGE MY EMOTIONAL RESPONSES IN THE LONG TERM



1 I accumulate positive emotions

- In the short term: I do enjoyable things that are possible now.
- In the long term: I make changes to my life so that positive emotions occur more often.

2 I do things that make me feel competent

3 I prepare to face situations where I risk having trouble with my emotions

4 I take care of myself

- Health
- Food
- Sleep
- Avoid addictions
- Physical exercise

5 I accumulate positive emotions in the long term (check out the resource « I reduce my stress through activities »)

