

Worksheet 4.18 Savoring Assignment (Rashid, 2008) Instructions

One way to increase positive emotions is to savor the pleasures in life. You are being asked to plan and implement at least one pleasurable activity while intentionally engaging in savoring techniques (Rashid, 2008). Savoring entails being aware of pleasures and purposefully paying attention to the experience of pleasure (Bryant and Veroff, 2002).

In order to savor an event or activity, the following techniques can be utilized (Bryant and Veroff, 2002; Seligman, 2002):

Share the experience with others – tell others about the pleasurable experience before it takes place, engage in the experience with others if possible, and reminisce about the positive experience with others after it is over.

Memory-building – Make mental notes of the event as it is happening and later reminisce about the event once it is over. If possible, you might also take photos or purchase souvenirs that represent the positive event.

Self-congratulation – Congratulate yourself or take pride in what has happened.

Sharpen your perceptions – Be mindful of important elements of the event while blocking out distractions or kill-joy thinking. (**Kill-joy thinking** is one way to kill savoring. This type of thinking occurs when you begin to think about how the positive event is not as good as someone else's or how it could be better, when you begin to think of things you could/should be doing instead, or when you get distracted by thoughts unrelated to the pleasurable experience.)

Absorption – Let yourself get totally absorbed in the event.

In the space provided below, please write out your plan for savoring a positive experience. If possible, engaging in pleasurable activities for a half day or full day is recommended (Seligman, 2002). Be sure to build these pleasurable activities into your schedule and resist the urge to put them off in order to get other tasks completed.

On _____ (date), the pleasurable experience(s) I plan to engage in are:

The savoring techniques that I plan to use while implementing this plan are:

Please respond to the following questions after you have carried out your pleasurable activity/activities:

What savoring techniques did you actually use and which did you find worked best for you?

Did you find yourself experiencing any kill-joy thinking? Were you able to overcome these thoughts? If so, how did you overcome these kill-joy thoughts?