

It feels so good

Feel goods & Natural highs

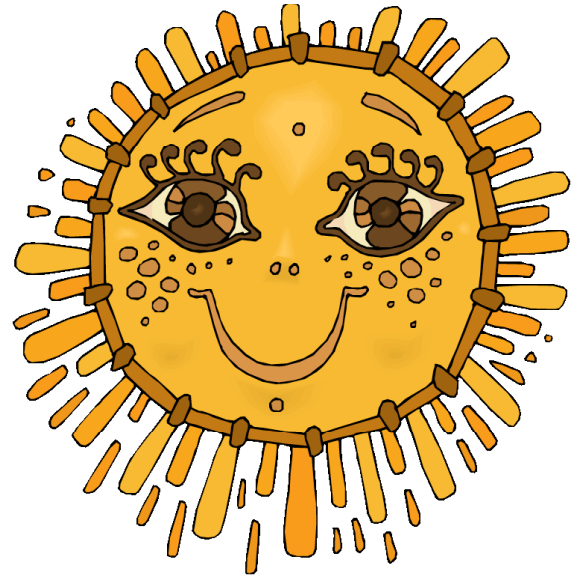
Read about things that make you feel good.

Step one: Go slowly: Think about each on BEFORE going on to the next one.

Rate them: 1 to 10 (Best!)

Step two: Compare with a partner. Talk about them.

1. Being in love.
2. Laughing. Laughing so hard your face hurts.
3. A sunny day during rainy season.
4. Taking a drive on a pretty road.
5. Hearing your favorite song.
6. Lying in bed listening to the rain outside.
7. A cold drink on a very hot day (or hot soup on a cold day.)
8. A hot face towel on a summer day.
9. Chocolate ice cream ... or vanilla ...or banana...or mango...
10. A dog or cat showing that they love you.
11. Laughing for no good reason.
12. A good conversation.
13. Finding some money in the pocket of an old jacket.
14. A rainbow.
15. A long, hot bath.
16. Having someone tell you that you're wonderful.
17. Hearing someone say something nice about you.
18. Waking up early. Then remembering you have more time to sleep.
19. Making new friends or spending time with old ones.
20. Someone you like playing with your hair.
21. Sweet dreams.
22. Making eye contact with a cute stranger.
23. Holding hands with someone you care about.
24. Your feeling when you help someone.
25. Running into an old friend. You understand that some things (good or bad) never change.
26. Watching someone's face when you give them a really special present.
27. Getting out of bed in the morning. Then being thankful for another beautiful day.
28. A smile.
29. Knowing that somebody loves you.
30. **Knowing you did the right thing** (no matter what other people think.)



Step three: What small things make you feel good? Write them. Then share them.

Modified from an internet-circulated list
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