

# Positive Conditioning Writing

Savoring is the awareness of pleasure and the ability to acknowledge, appreciate, and enhance positive experiences will help condition the mind to associate positive emotions. A complementary counterpart to coping, savoring can help people endure negative life experiences. When people learn to savor the small pleasures in life through deliberate focus, they begin to recognize and retain the good feelings associated with those experiences. This positive conditioning writing can help people develop the skill of savoring and build positive emotions by relating positive emotions to an event from their past.

**Instructions:** Think of a past event or experience that you have had negative emotions about. Write about that event, but associate positive emotions and outcomes from that event or experience.

**Example:** *My girlfriend and I got in a horrible head-on accident in the past; it sent us to the hospital! I could focus on the negatives from that event.... The other driver died, we owed thousands of dollars to the hospital, the injuries prevented us from living our life. However, we like to think of the positives from that event.... It brought us closer together by taking care of each other (we eventually got married), it removed us from toxic environments that we were always involved in, and we appreciate the little things more because we never know when it could be taken away.*

**Your Turn:**

# Positive Conditioning Writing