

PAINGUIDE

Three Good Things

Every night for the next week, right before you go to bed, write down three things that went particularly well on that day. These things can be ordinary and small in importance or relatively large in importance. Next to each positive event in your list, answer the question, "Why did this good thing happen?"



Day 1: Three good things and why they happened: _____

Day 2: Three good things and why they happened: _____

Day 3: Three good things and why they happened: _____

Day 4: Three good things and why they happened: _____

Day 5: Three good things and why they happened: _____

Day 6: Three good things and why they happened: _____

Day 7: Three good things and why they happened: _____
