

## ***Pride and Gratitude Log***

This strategy aims at retraining your mind to counteract your negativity bias: the old habit of mental-filtering onto the negative elements of what you experience, and disqualifying or not even noticing the positive aspects. This is also a good tool for gathering evidence refuting your unhealthy old core beliefs, and confirming your healthy new core beliefs.

The results of using this strategy regularly for at least a month are typically improved mood and self-confidence, and lessened social anxiety and shame. To achieve these results, however, it is important to use this strategy daily and not just occasionally. Fortunately, it generally takes less than five minutes, and it usually feels good. Here are the directions and some suggestions:

- Make it a daily practice to think back over the past 24 hours and write down anything positive that you experienced in an ongoing log (paper or electronic). Be specific. Do not disqualify the positive, no matter how small, imperfect or repeated the positive experience is. Do not write any qualifiers or anything negative here. (If you are feeling distressed about something, then separately complete a Cognitive Restructuring Worksheet on that upset.) It doesn't matter whether or not you actually *feel* pride or gratitude at this point. If it is at least partly positive, then write it down! With further practice in regularly using this log, you will likely begin to actually feel proud and grateful.
  - Reenter positive things that occur on more than one day, but make it a goal to write at least one new thing each day. If you stop including positive things because you have included them in previous days' logs, you are implicitly giving yourself the distorted message that they do not count and you may take them for granted. But do try to include at least one new item each day, even if that means choosing to do something just so you can log it!
- ⇒ For each item you write for which you were at least partially responsible, also write down the personal strengths or qualities of yours of which this is evidence. This helps you see that one small positive thing you have done is reflective of a strength / quality of yours that is actually very important and enduring. For example: you may have had a good conversation with a friend, which might be evidence that you can be an engaging conversationalist, a good friend and a likable person.
- It is important to enter items in this pride and gratitude log *every day* in order to retrain your mind to look for and value these previously neglected positive things about your life. Some people find it helpful to schedule a regular time every day to complete the log, paired with some activity they are already in the habit of doing daily, eg: during your first cup of coffee, just before going to bed, etc. Perhaps set an electronic alert to remind you.
  - Some people prefer to make entries in their log multiple times during the day, often soon after experiencing something positive. Some find it is easier to remember these experiences this way, and that it reinforces the positive feelings you get from them more effectively. You can make these ongoing entries in a notebook or electronic device which you routinely carry with you. Just make sure you make your entries at least once per day.
  - Periodically reread your Pride & Gratitude Log, or sections of it.