

6. Difficulties are often a test of my strength and persistence; and I notice that I can overcome them most of the time. Agreement number? _____

7. When I look at myself from an outside perspective, I realize that I am a likeable, competent, thoughtful, well-intentioned person who deserves a lot of credit and support in what I'm doing. Agreement number? _____

8. I sometimes feel down, but those feelings come to an end after some time. Agreement number? _____

9. My friends feel warmly toward me. Agreement number? _____

10. I can learn even from adversity. Agreement number? _____

11. I sometimes feel very attractive, not just physically, but in terms of being a very lively and interesting person. Agreement number? _____

12. When I see the problems some people must cope with, I can realize how lucky I really am. Agreement number? _____

13. Sometimes I can really communicate well with children. Agreement number? _____

14. At times I feel really supported by the people who like me a lot. Agreement number? _____

15. Today I noticed some beautiful things about the world. Agreement number? _____

16. I sometimes feel myself smiling spontaneously. Agreement number? _____

17. Many people who are not that close to me would probably like to know me better. Agreement number? _____

18. Sometimes animals are instinctively attracted to me. Agreement number? _____

19. Sometimes I surprise myself by how competent I am. Agreement number? _____

20. I have a good sense of humor. Agreement number? _____

21. When I think about the past, there are some things I regret, but I know that I've always worked for the best outcome in any situation. In fact, I could easily come up with many hundreds of examples of good things happening to me in the past. Agreement number? _____

22. I am basically a warm person who wants to see a better world for all of humanity. Agreement number? _____

23. When I really think about it, I have more good friends than I often realize. Agreement number? _____

24. Sometimes very tiny events in the day, like the sight of flowers, or the sky, or the flight of a bird, can remind me of all the good things that I tend to take for granted. Agreement number? _____

25. There are people who like to spend their time with me. Agreement number? _____

26. I could probably make even more good friends than I have today. Agreement number? _____

27. Some people love me. Agreement number? _____

28. I care about other people's happiness. Agreement number? _____

29. When I look at my life from a larger perspective, I realize how many different things I do very well. Agreement number? _____

30. I have achieved a remarkable number of things in my life so far. Agreement number? _____

31. I have reason to feel genuine hope about the future. Agreement number? _____
32. I can easily imagine having a wonderful time today and tomorrow. Agreement number? _____
33. While I am accomplishing a great deal through hard work, I can also remind myself to stop and smell the flowers, to realize all the good things that already exist in my life. Agreement number? _____
34. I am fortunate to be living where I am. Agreement number? _____
35. I am basically a very kind person. Agreement number? _____
36. By and large, people mean well. Agreement number? _____
37. There is something special and pleasurable about my life style. Agreement number? _____
38. I am a unique person. Agreement number? _____
39. I realize that negative feelings often come from selective perception, from looking at the down side rather than positive things in life. Agreement number? _____
40. I have a special sense of shared perspective and shared warmth with some people. Agreement number? _____
41. I can think of all my friendships and relationships as a giant network, that helps to maintain me in a very supportive way. Agreement number? _____
42. It is useful to remind myself more often of all the good things that are worth living for. Agreement number? _____
43. In its own way, today is a beautiful day. Agreement number? _____

44. I am now working at close to my own optimal level of competence and confidence. Agreement number? _____

45. My experience indicates that I can trust myself to always do the best I can. Agreement number? _____

46. I am operating close to the peak of my abilities. Agreement number? _____

47. I am beginning to give myself credit for my own achievements. Agreement number? _____

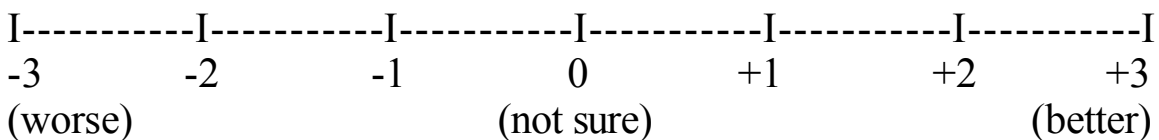
48. I am a really successful person, and have a lot to look forward to. Agreement number? _____

49. I am really a likeable person, and I'm in the right place at the right time. Agreement number? _____

50. I am having some really wonderful experiences. Agreement number? _____

Question: Please rate your mood at this moment compared to the beginning of this exercise?

MOOD RATING COMPARED TO THE BEGINNING:



Your answer: _____

As always, you are welcome to discuss your experience of this exercise in your online Discussion Group.