

Building More Pleasant Feelings in My Life Log 25

Self-Management Skills Module

My Activities: What activities make me have pleasant feelings?	My Feelings What pleasant feelings do these activities cause?	What I Can Do? What can I do to include these activities more often (and thus have these pleasant feelings more often)?	My Barriers What barriers keep me from making these changes?	My Barrier Break-Down What can I do to overcome these barriers?
My Environments: What environments make me have pleasant feelings?	My Feelings What pleasant feelings do these environments cause?	What I Can Do? What can I do to spend more time in these places (and thus have these pleasant feelings more often)?	My Barriers What barriers keep me from making these changes?	My Barrier Break-Down What can I do to overcome these barriers?

My Relationships: What types of relationships or specific relationships make me have pleasant feelings?	My Feelings What pleasant feelings do these relationships cause?	What I Can Do? What can I do to spend more time with these types of people or these specific people (and thus have these pleasant feelings more often)?	My Barriers What barriers keep me from making these changes?	My Barrier Break-Down What can I do to overcome these barriers?
My Other Situations: What other situations make me have pleasant feelings?	My Feelings What pleasant feelings do these other situations cause?	What I Can Do? What can I do to include these situations more often (and thus have these pleasant feelings more often)?	My Barriers What barriers keep me from making these changes?	My Barrier Break-Down What can I do to overcome these barriers?