

Resilience Boosters for Couples

Gratitude Lists

- ✓ Make a list of all the things you are grateful for and add to it weekly
- ✓ Exchange lists with your spouse and talk about it on a regular basis

Pleasure Breaks

- ✓ Find one thing that brings you pleasure and do it daily
- ✓ Identify a pleasure you and your spouse share; plan a way to do it weekly

Signature Strengths

- ✓ Visit the website www.authentichappiness.org
- ✓ Identify your signature strength and have your spouse do the same
- ✓ Plan a night together in which each of you use your highest strengths

Increase Optimism and Hope

- ✓ Take a third person perspective to shift your stance:
 - Visualize being an observer or a kind friend who thoughtfully responds to you
 - Add a positive ending to a negative experience
 - Reflect on a positive memory and savor it for 2-3 minutes
 - Try mental time travel and ask how you'd feel about this a week or a year from now?
- ✓ Practice disputing your pessimistic thoughts
Recognize them
 - Treat them as if they were uttered by an external person (a rival whose mission in life was to make you miserable)
 - Stand back and check the evidence for your pessimistic belief
 - Examine the alternatives
 - Ask how useful it is to hold onto the pessimistic belief

Thankfulness

- ✓ Thank one person a week for something they said or did that added to the quality of your life. Share that with your partner.

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