



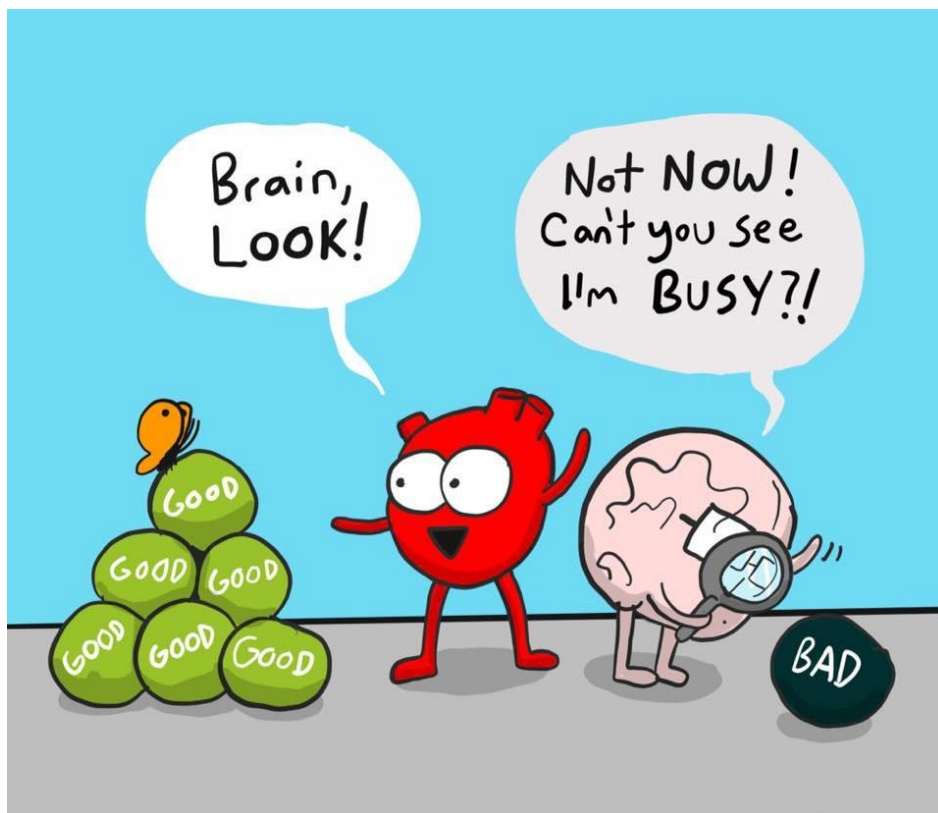
KCB Recovery

Identifying and Accepting Positive Emotions

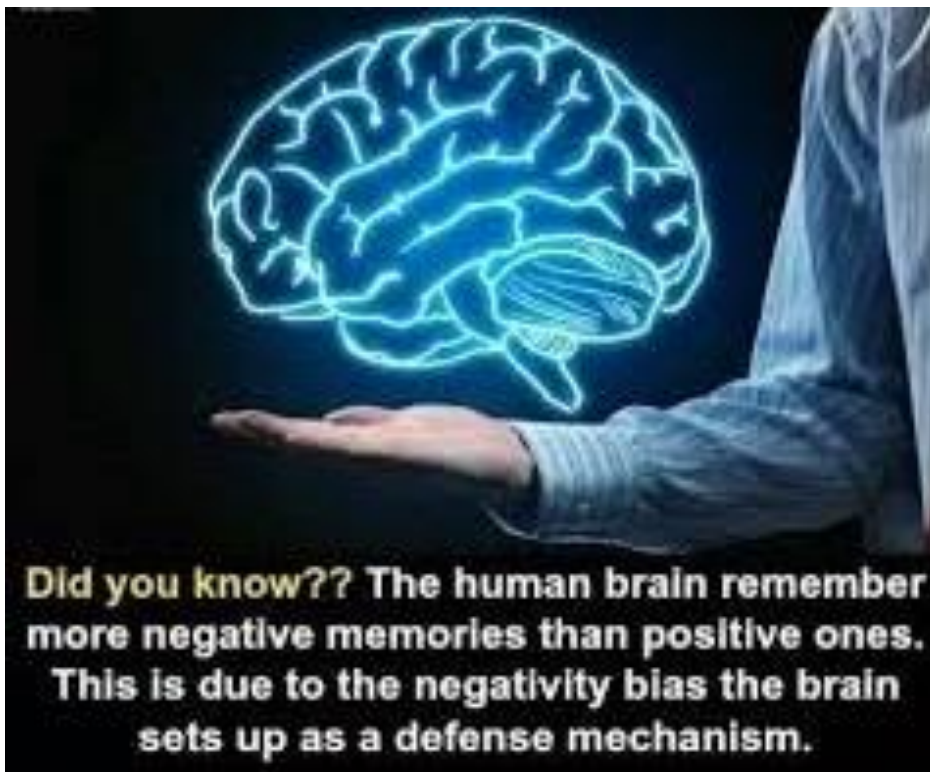
When we are mindful, we can identify when our system had been activated by cravings, triggers and other external factor. To manage this, we establish a sense of pause so that our system can make a conscious decision rather than guided by rash feelings.

A positive habit may not have the immediate derived outcome we are looking for but will create long terms positive outcomes.

Our minds are hardwired to focus on negatives thoughts, giving credence to the statement: "our mind can be our worst enemy".



Unfortunately, these experiences tend to play in our minds repeatedly causing painful encounters to remain in our conscious thoughts needlessly.



The purpose of this exercise is to help you identify and create awareness when positive emotions occur.

Acknowledge a moment when you are feeling positive emotions. State what caused the positive emotions, how long did it last, and if it countered the negative feeling you had before.

Day of the Week	Emotions	What Inspired the positive emotions	How long did it last	Do you think the feeling is strong enough to counter negative emotions
	Joy	My children	12 hours	Yes, I was stressed because of my job but my kids made my day
Sunday				
Monday				
Tuesday				




Wednesday				
Thursday				
Friday				
Saturday				



Reflection Questions

How has this exercise Changed your perspective?

Did you learn anything from this exercise? If so, please specify.



Make 1 new commitment to yourself:

Do you need additional support and hand holding? Schedule a Call Session with a KCB Certified Recovery Coach to walk through your worksheet with you and the steps for your recovery.

[Click here to Schedule your Recovery Call today](#)