



Recipe for Happiness

Practical Workshop

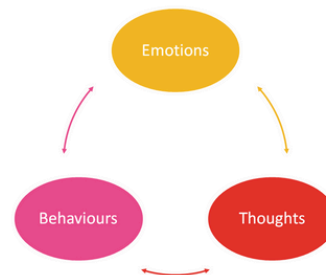
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Negativity Bias



The "Magic Triangle"

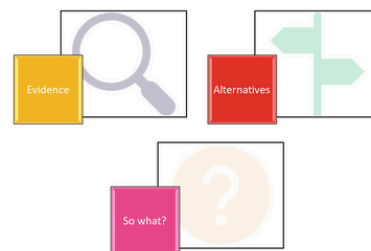


Breaking a Negative Cycle



Recognise Unhelpful Behaviours & Thoughts

Challenging Unhelpful Thoughts



Starting a Positive Cycle



Easiest to start with Behaviours & Thoughts,
also possible to start with Emotions ...

Challenging Unhelpful Thoughts

1. Be a detective - examine the evidence

- Are you sure the thought is true or accurate? Can you say with 100% certainty that it is true?
- What evidence is there of this?
- Can you trust that evidence? Is it well-founded?
- Is there any evidence against this thought? Anything that shows it may not be true?
- Have you had that thought before, and was it true then?

2. Look for alternatives

- Maybe your thought has been true before, but are you over-generalising and assuming it is therefore always true? Could it be true sometimes, but not this time?
- Are you jumping to conclusions?
- Is it a fact, or just something you are thinking?
- Are there any other possible explanations?
- Are you catastrophising?
- What is the most likely explanation?

3. And if it really is true, so what?

- Thinking calmly about this, what is the worst that could happen?
- And how much chance is there of that actually happening?
- If it does, will it matter tomorrow, or in a week, or a year?
- What is the best way to deal with the problem?
- Will it be helpful to think negatively?
- Am I being kind to myself? Would I talk to my best friend like that?

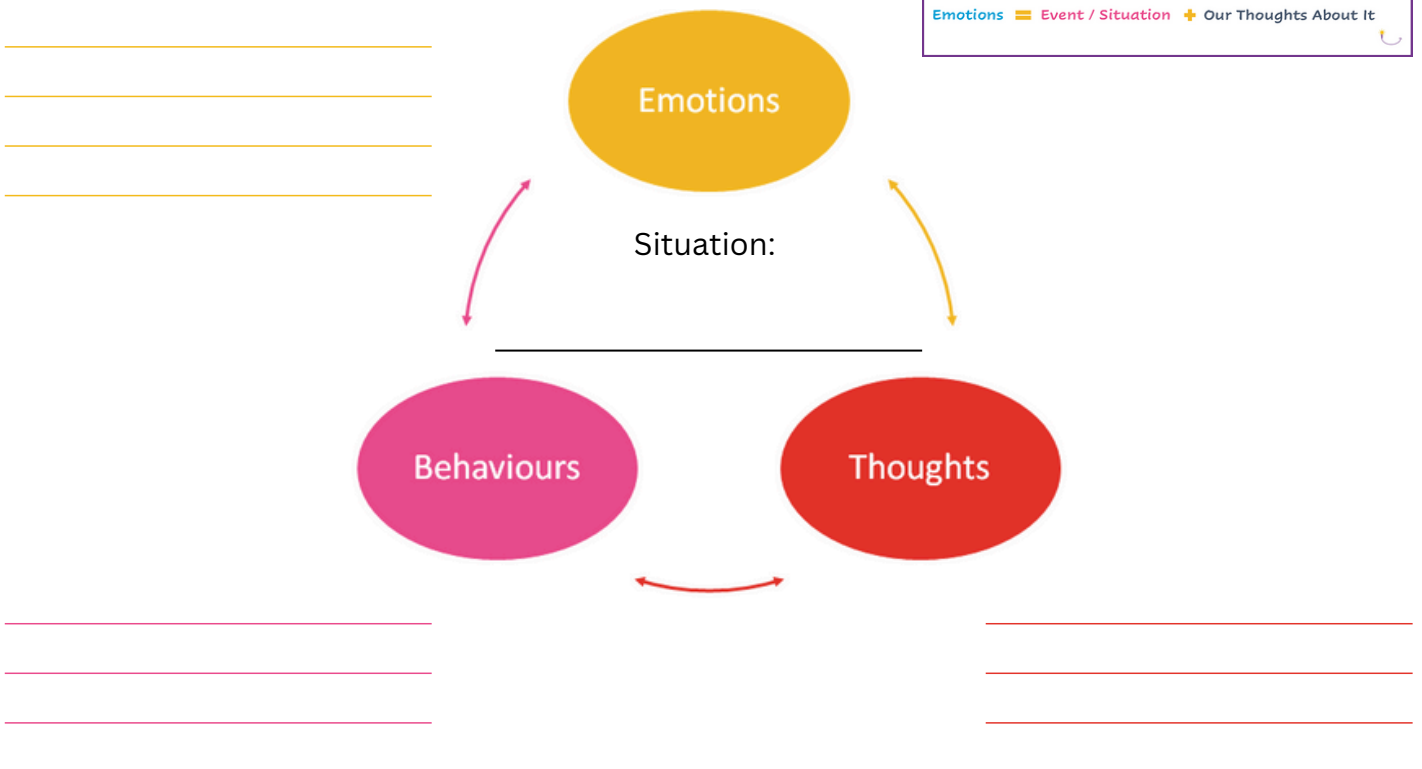
Be your own best friend!

Emotions are temporary – they come and go!

Be your own BEST FRIEND

THOUGHTS \neq EMOTIONS

Emotions = Event / Situation + Our Thoughts About It





(adapted from Niemiec, 2018)

Over to you ...

Personal Action Plan

- Handout, p.4: Write down...
 - 1 thing you will start doing or do more of
 - 1 thing you will stop doing or do less of
- ... to support your happiness & wellbeing

This image shows a blank sheet of white paper with horizontal blue lines and a vertical red margin line on the left side. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Please leave a Google Review :)



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References

Niemiec, R.M. (2018) *Character Strengths Interventions: A field guide for practitioners*. Boston, MA and Goettingen: Hogrefe Publishing.

For further information on the Cognitive Behavioural Therapy (CBT) model of thoughts, behaviours and emotions, see (there are plenty more explanations and examples available online):

<https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/self-help-cbt-techniques/thought-record/>

<https://www.therapistaid.com/therapy-worksheet/cbt-triangle>

<https://www.psychologytools.com/self-help/thoughts-in-cbt>

<https://positivepsychology.com/cbt-triangle/>