



EXPLORE:

Focus on positives

It can be quite a challenge to focus on positives or identify strengths when you're depressed or feeling like nothing is going right. Try keeping a journal of positives or strengths for a week to remind yourself that sometimes things go well and that there are ways in which you are quite capable. These don't have to be big events or super special talents. Quite simply, having a conversation that goes smoothly with your child is a positive event. The ability to organize yourself to fix dinner in the evening is a strength. Try to identify three things each day for a week to see what you notice.

Day	Positives and Strengths
<i>Example:</i> <i>Any day</i>	<i>Examples:</i> <i>Got to an appointment on time.</i> <i>Fixed my daughter a good breakfast.</i> <i>I have a good sense of humor.</i>
Sunday	1. 2. 3.
Monday	1. 2. 3.
	1.

Tuesday	2. 3.
Wednesday	1. 2. 3.
Thursday	1. 2. 3.
Friday	1. 2. 3.
Saturday	1. 2. 3.
Sunday	1. 2. 3.