



“Five Positive Things Exercise.”

Adapted from:

Prisoners of Our Thoughts

By Alex Pattakos and Elaine Dundon

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We know that many of those we care about and many of us are feeling especially anxious or fearful because of the Coronavirus Pandemic. This exercise can help force us to think in new ways.

To start, think of the situation you are in today because of the pandemic.

1. Write down what is most stressful, negative, or challenging for you right now.
2. Now, write down five positive things that resulted from or could result from this situation.
3. Write down anything that come to mind (don't filter them based on what others might think, etc.).
4. List as many positives as you can—even beyond five.
5. After you have completed your list, review it and let the positives become possibilities in your mind.

This exercise requires one to let go of current fears, blocked or old ways of thinking, moving beyond disappointment or frustration, and perhaps even abandoning anger.