

3 TENETS TO CREATE HAPPINESS

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TENET 1: OPPOSITE TO EMOTION ACTION

- ◉ Dialectical Behavioral Therapy Emotion Regulation Skill
- ◉ Baby Steps
- ◉ Do not feed undesirable or unpleasant emotions

TENET 2: SELF-COMPASSION

- Extending warmth and kindness to ourselves
- Writing a letter of self-compassion
 - Step 1: write out perceived inadequacies
 - Step 2: respond from 3rd party perspective
- Re-write
- Dr. Kristin Neff
 - Self-Compassion: The Proven Power of Being Kind to Yourself

TENET 3: POSITIVE GOALS/ACTIVITIES

- Naturally increase dopamine and serotonin levels
- 3-3-3 bucket list
 - 3 small goals
 - 3 'medium' goals
 - 3 large goals
- Small daily positive activities