Try at home: Positive intervention: Three Good Things instructions. At the end of the day, after dinner and before going to sleep, write down three things that went well during the day. Do this every night for a week. The three things you list can be relatively small and unimportant (“My husband picked up my favorite ice cream for dessert on the way home from work today”) or relatively large in importance (“My sister just gave birth to a healthy baby boy”). After each positive event on your list answer in your own words the question “Why did this good thing happen?” For example you might speculate that your husband picked up ice cream “because he can be really thoughtful” or “because I remembered to call him from work and remind him to stop at the grocery store.” When asked why your sister gave birth to a healthy baby boy, you might explain “God was looking out for her” or “She did everything right during her pregnancy.”

**Monday’s Three Good Things**

**First Good Thing:**

Why did this good thing happen?

**Second Good Thing:**

Why did this good thing happen?

**Third Good Thing:**

Why did this good thing happen?

**Tuesday’s Three Good Things**

**First Good Thing:**

Why did this good thing happen?

**Second Good Thing:**

Why did this good thing happen?

**Third Good Thing:**

Why did this good thing happen?

**Wednesday’s Three Good Things**

**First Good Thing:**

Why did this good thing happen?
**Thursday’s Three Good Things**

First Good Thing:

Why did this good thing happen?

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Second Good Thing:

Why did this good thing happen?

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Third Good Thing:

Why did this good thing happen?

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**Friday’s Three Good Things**

First Good Thing:

Why did this good thing happen?

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Second Good Thing:

Why did this good thing happen?

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Third Good Thing:

Why did this good thing happen?