



## Point Forward Newsletter

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**Please forward this ezine to anyone you know who would be interested in creating a Life Positioning System for themselves or is ready to expand and deepen their happiness.**

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### **Capture the moment**

What do you do when something good happens to you? Fred Bryant, of Loyola University, has researched this question and articulated his findings by describing the idea of savoring. Coping is how we deal with negative events, while savoring is how we deal with positive events. Bryant defines savoring as “thoughts or behaviors that influence the impact of positive events”. In other words, what we think or do will sway our level of enjoyment or happiness about a specific situation or experience.

Savoring is oriented in the present, and there are ways you can *intensify* and prolong your enjoyment of a positive event. Your enjoyment can also be influenced in the future by *anticipating* a positive occasion, which impacts positive feelings in the present moment and will influence the enjoyment of the episode when it actually happens. *Reminiscing* after a positive experience is over can rekindle those positive feelings, bringing them back to the present moment.

Some of the benefits of savoring include an increased sense of personal responsibility and control, enhanced enjoyment and satisfaction, and an increased sense of accomplishment.

A participant in one of my workshops was concerned about her 90+ years old mother who had no goals and didn't ever want to DO anything. She would spend hours just sitting and looking through old pictures. We talked about her mother for a while, and the participant realized that through reading old letters, looking at photographs from years past, and handling souvenirs collected through her life, her mother was actively savoring her life. The workshop participant realized this was a noble goal for someone over 90 and a perfect way for her to spend her time.

Bryant and fellow psychologist Joseph Veroff, have identified five techniques that promote savoring:

- **Sharing With Others:** You can seek out others to share the experience and tell others how much you value the moment. This is probably the single best way to savor pleasure.
- **Memory-Building:** Take mental photographs or even a physical souvenir of the event and reminisce about it later with others.
- **Self-Congratulation:** Do not be afraid of pride. Recognize how impressed others are and remember how long you've waited for this to happen.
- **Sharpening Perceptions:** Focus on certain essentials of the event and block out distractions. Articulate the details as finely as you can.
- **Absorption:** Let yourself get totally immersed and try not to think, just sense.

Plan an activity or series of activities that bring you real pleasure, and carry them out as you planned them. *Savor each of the activities using as many of the above techniques as you can.* Notice the impact it has on your sense of pleasure. Which techniques worked best for you? And there is one way to kill savoring—"Kill-Joy Thinking"—in which you remind yourself of other things you should be doing; of what comes next; or of ways in which the experience might be improved. If you catch yourself doing this, gently refocus your efforts toward savoring.

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Point Forward, Inc exists to help individuals and organizations shift their orientation to power in order to reach a place of balance and sustainable success. Rooted in Positive Psychology research, the Point Forward Process guides people in establishing a Life Positioning System™ that helps them harness their own POWER to flourish.

For a free introductory coaching session, send an email to [tasha@pointforwardcoaching.com](mailto:tasha@pointforwardcoaching.com) with **FREE Intro to Coaching** in the subject line.

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