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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.

WRITE ABOUT BAD THINGS, BUT REMINISCE ABOUT GOOD THINGS

Do you use a journal to write about things that upset you? Many people do, and for good reason. Writing can be very therapeutic. James Pennebaker at the University of Texas has been researching the healing power of writing for years. Early on, his research showed that writing about upsetting events has a positive impact on both mood and overall health. He asked people to write about a traumatic or stressful experience on a daily basis over a period of weeks. Initially they felt sadder, but compared to those who just wrote about daily events, they were less depressed after a couple months: especially those who wrote about gained insights or an analysis of the experience. They were much less depressed than those who just thought about the upsetting event. Over time, he found that the single predictor of the greatest benefit of this type of journaling was a change in the use of pronouns. While writing about the trauma or stress, those people who could switch from a "me" point of view to "he/she" or "they" viewpoint had the best health and happiness outcome. This change in perspective seemed to help people integrate their emotions and thoughts and come to terms with the crisis or trauma.

What's the best way to deal with happy events? Sonja Lyubomirsky, of University of California, Riverside, conducted research to address this question. She asked people to either write or think about happy events, and furthermore, to either focus on analyzing the situation or just recalling it in great detail. The results of her research were surprising. Writing about the details of a happy event and writing or thinking about the "why" or "how" of the event actually lowered people's positive feelings over time, while THINKING ABOUT AND REPLAYING THE DETAILS OF A HAPPY EVENT SUBSTANTIALLY INCREASED LONG TERM HAPPINESS.

When something happens that upsets you, don't just sit there and mull over it. Get out a piece of paper and write about it. Experiment with moving away from a "me" point of view; figure out the how & why as best you can; see what the story may tell you about where to go next.

When something good happens to you, sit back and reminisce. Replay the movie in your mind; get into the details about what happened, how you felt, how you behaved. Store the solidified memory and bring it out when you're sitting in traffic, or waiting for an appointment. Let the good feelings come back to you and increase your happiness in the present.

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 with **FREE Intro to Coaching** in the subject line.

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