Sample Questions for In-Class Discussion Activities

**In-Class Assignment #2**

General Instruction

* Create a Word document
* For each day this week, write down three things that went well for you that day - provide an explanation for why they went well.
* The items can be small, everyday events or more important milestones (e.g., “my friend made the coffee today,” “My roommates were happy when I brought them groceries,” or “I earned a high grade on an assignment”).
* To make this exercise part of your daily routine, some find writing before bed helpful.
* Once you record seven days of entry, submit the Word document.

Other Tips

* Give the event a title (e.g., “I received a compliment on something I've been working hard on”).
* Write down exactly what happened in as much detail as possible, including where you were, what you did or said, and, if others were involved, what they did or said.
* Include how this event made you feel at the time and how this event made you feel later (including now, as you remember it).
* Explain what you think caused this event—why it happened.
* Use whatever writing style you please, and don't worry about grammar or spelling. Use as much detail as you'd like.
* If you find yourself focusing on negative feelings, try to refocus your mind on the good event and the positive feelings that came with it. This can take effort but gets easier with practice and can make a real difference in how you feel.