

## Five Joys Exercise – Fill in the Blank Worksheet

### Instructions

This exercise will ask you to try to think of some experiences of your life for which you are particularly grateful. It requires you to divide your life up into 5 categories and pick the happiest event from each. For example, if you are 50 it could be based on each ten years of your life. You could also select from different categories like Elementary School, High School, 1<sup>st</sup> Job etc.

If one of your happiest memories is with a prior romantic relationship exercise caution before choosing that as one of the events. If the relationship did not end happily this might not produce the sort of calm the exercise is aiming at. Also try to select events that recall higher pleasures rather than lower pleasures. If a relationship makes you recall feelings of physical attraction that might direct your thoughts a direction that is not calming.

	Below write complete sentences that help you recall the memory based on the five senses. <i><b>Write in the Present Tense</b></i> Psalm 103 verse 1 "Praise the LORD, my soul; all my inmost being, praise His holy name. Praise the LORD, my soul, and forget not all His benefits"				
	Sight	Sound	Smell	Touch*	Taste*
Time Period 1					
Time Period 2					
Time Period 3					
Time Period 4					
Time Period 5					

\*It might be difficult to remember a specific taste or touch connected with your event. In this case it is reasonable to select a taste that connects you with that time period in general (for example, that was the summer I really enjoyed Strawberry Pop Tarts). Similarly, if you cannot remember a specific touch you could associated the event with a season and so your touch memory might be: "It was summer – I feel the warmth of the sunshine on my arms").