

# Feeling Great

by David D. Burns

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

<sup>01</sup> **Run the Triple Column tonight**

Take your most persistent negative thought. Write it in column one exactly as it sounds in your head. In column two, identify which cognitive distortions are operating. In column three, write a balanced rational response. Do this once and you will feel the shift.

MON TUE WED THU FRI SAT SUN

<sup>02</sup> **Try the Pleasure Predicting method**

Schedule three activities for tomorrow. Before each one, predict your satisfaction on a 0-100 scale. After doing them, rate your actual satisfaction. You will discover that emotional reasoning consistently mispredicts reality. Your feelings lie about the future.

MON TUE WED THU FRI SAT SUN

<sup>03</sup> **Practice the Acceptance Paradox**

When your inner critic attacks, agree with it instead of fighting. Say: 'You are right. I am imperfect.' The paradox: when you stop defending yourself against the criticism, the criticism loses its power. Fighting gives it energy. Acceptance dissolves it.

MON TUE WED THU FRI SAT SUN

<sup>04</sup> **Do a Cost-Benefit Analysis on one belief**

Pick a negative belief you hold about yourself. Draw two columns: advantages and disadvantages of believing this. Be honest about both sides. When the costs outweigh the benefits - and they almost always do - you have a rational reason to release the belief.

MON TUE WED THU FRI SAT SUN

<sup>05</sup> **Find the hidden benefit of one bad feeling**

Choose an anxiety or guilt you carry. Ask: what would I lose if this feeling disappeared completely? Would I become careless? Irresponsible? Unkind? Name the hidden benefit out loud. Notice how the feeling softens when it is acknowledged rather than fought.

MON TUE WED THU FRI SAT SUN

<sup>06</sup> **Replace one 'should' statement today**

Listen for the word 'should' in your inner monologue. When you catch one, rewrite it: 'I should be more productive' becomes 'I would like to be more productive, and here is one small thing I can do.' Shoulds create shame. Preferences create motivation.