

## **RESILIENCE BOOSTERS FOR COUPLES**

### **Gratitude Lists**

Make a list of all the things you are grateful for and add to it weekly.  
Exchange lists with your spouse and talk about it on a regular basis.

### **Pleasure Breaks**

Find one thing that brings you pleasure and do it daily.  
Identify a pleasure you and your spouse share; plan a way to do it weekly.

### **Signature Strengths**

Visit the website: [www.authentic happiness.org](http://www.authentic happiness.org).  
Identify your signature strength and have your spouse do the same.  
Plan a night together in which each of you use your highest strengths.

### **Increase Optimism and Hope**

Practice finding the universal causes of good events as well as the temporary and specific causes for misfortune.  
Practice disputing your pessimistic thoughts:  
Recognize them.  
Treat them as if they were uttered by an external person (a rival whose mission in life was to make you miserable).  
Stand back and check the evidence for your pessimistic belief.  
Examine the alternatives.  
Ask how useful it is to hold onto the pessimistic belief.

### **Thankfulness**

Thank one person a week for something that person said or did that added to the quality of your life.