

# Positive Ingredients

*I want you to think about the last time you were really happy and answer the questions below. If you circle yes, please answer the follow up question.*

**The last time I felt happy I was:**

**A. With other people**

Yes or No

Who where you with

---

---

---

---

**B. Listening to Music**

Yes or No

What music?

---

---

---

---

**C. By myself**

Yes or No

What were you doing?

---

---

---

---

**D. Received good news**

Yes or No

What was the new?

-----  
-----  
-----  
-----

**E. Being active (i.e. sports, running, dancing, singing, playing)**

Yes or No

What where you doing?

-----  
-----  
-----  
-----

**E. Doing something I love**

Yes or No

What where you doing?

-----  
-----  
-----  
-----