

# I felt wonderful!

This activity is based on positive psychology  
– the “science of happiness.”  
You will help a partner remember and  
re-experience a good event.



- Choose a true experience from your life.  
What event will you talk about?  
Check (✓) your topic:

## I'll tell you about a time I felt...



Take one or two minutes  
Think about the time. Remember it very clearly.

- successful.**
- very, very happy.**
- loved.**
- thankful.**



- Work with a partner. Tell your partner about the time,  
Partner, ask many questions. Check (✓) the question words below.  
These questions help the speaker experience the positive feelings again.

**4-3-2**

1<sup>st</sup> time – 4 minutes  
2<sup>nd</sup> time – 3 minutes  
3<sup>rd</sup> time – 2 minutes

- |   |  |   |   |                                       |                                |
|---|--|---|---|---------------------------------------|--------------------------------|
| <input type="checkbox"/> <b>When</b> did this happen? | <input type="checkbox"/> <b>Who</b> were you with?   | <input type="checkbox"/> <b>What</b> did they say?  |   |                                       |                                |
| <input type="checkbox"/> <b>When...</b>               | <input type="checkbox"/> <b>Who...</b>               | <input type="checkbox"/> <b>What</b> happened next? |   |                                       |                                |
| <input type="checkbox"/> <b>When...</b>               | <input type="checkbox"/> <b>Who...</b>               | <input type="checkbox"/> <b>What...</b>             |   |                                       |                                |
| <input type="checkbox"/> <b>Where</b> were you?       | <input type="checkbox"/> <b>Why</b> do you think...? | <input type="checkbox"/> <b>How</b> did you feel?   |   |                                       |                                |
| <input type="checkbox"/> <b>Where...</b>              | <input type="checkbox"/> <b>Why...</b>               | <input type="checkbox"/> <b>How...</b>              |   |                                       |                                |
| <input type="checkbox"/> <b>Where...</b>              | <input type="checkbox"/> <b>Why...</b>               | <input type="checkbox"/> <b>How...</b>              |   |                                       |                                |
| <input type="checkbox"/> <b>Did...</b>                | <input type="checkbox"/> <b>Do...</b>                | <input type="checkbox"/> <b>Was...</b>              | <input type="checkbox"/> <b>Were...</b> | <input type="checkbox"/> <b>Is...</b> | <input type="checkbox"/> _____ |
| <input type="checkbox"/> <b>Did...</b>                | <input type="checkbox"/> <b>Do...</b>                | <input type="checkbox"/> <b>Was...</b>              | <input type="checkbox"/> <b>Were...</b> | <input type="checkbox"/> <b>Is...</b> | <input type="checkbox"/> _____ |

- 4-3-2 Time Challenge.** Change partners. Do this two more times.



**Science Fact:** These questions are called “active-constructive” responses.  
People who ask questions like these help the speaker recreate the feelings and feel good.  
They also develop better relationships with the speaker.

Sources: Seligman, M. 2011. *Flourish*. New York: Free Press, p. 48-51. and Gable, S. Reis, H. Impett, E. Y Asher, E. “What Do you Do When Things Go Right? *Journal of Personality and Social Psychology* 87 (2004: 228-45.) <http://tinyurl.com/thingsGoRight>