

EXERCISE: Doing Acts of Kindness

For the next several weeks, plan to do regular acts of kindness. These can be small things that you do for family, friends, coworkers, neighbors, strangers, or animals. Write down what you do on Worksheet 12.15. After several weeks, you can write at the bottom of the worksheet what you notice about the effects of these acts on your mood and relationships. Also, notice if your positive core beliefs about yourself, other people, or the world are activated when you do these kind acts.

WORKSHEET 12.15. Acts of Kindness

My acts of kindness:

- | | |
|-----------|-----------|
| 1. _____ | 12. _____ |
| 2. _____ | 13. _____ |
| 3. _____ | 14. _____ |
| 4. _____ | 15. _____ |
| 5. _____ | 16. _____ |
| 6. _____ | 17. _____ |
| 7. _____ | 18. _____ |
| 8. _____ | 19. _____ |
| 9. _____ | 20. _____ |
| 10. _____ | 21. _____ |
| 11. _____ | 22. _____ |

How did these kind acts affect my moods (both negative and positive)?

How did these kind acts affect my relationships?

Which of my positive core beliefs were active (self, other people, world)?