

Things That Still Feel Good

Finding what is still enjoyable in a body that has to be careful.

WHEN TO USE THIS

Use this when it feels like everything good has been taken off the table.

What still feels good, even a little?

Taste, sound, warmth, a person, a view.

1.

2.

3.

4.

5.

Which of those could you have today?

What did you give up that might work in a smaller form?

Draw or write one good moment from the last week.

Pleasure is not a reward for a productive day. You are allowed it anyway.