

Positive Psychology - Memory Enhancement

This exercise follows on from the Positive Lifeline exercise. It is designed to increase the **quantity** and **intensity** of the positive deposits in your personal memory bank. It is a great support to us in helping foster a feeling of happiness and well-being, which facilitates sustained Mindfulness practice. It is part of building the 3:1 Positivity Ratio.

In this exercise, you choose one of the memories that you wrote on the Positive Lifeline, and you are now going to write about it in the greatest possible detail. Therefore, you are going to write about it in as many of the senses as possible. In some memories, taste and smell may not be present, but in most memories, you will have a picture of it in your mind, you will have sounds, for example, what you heard, what you were saying to yourself when this great thing happened, or whatever others were saying to you.

You will also have a feeling. In this case, feelings are divided into two categories: what you felt emotionally and what you were feeling externally. The positive emotions you felt could be joy, happiness, delight, success, positivity, and achievement. The external feeling could be the temperature, the sun, the wind, the rain, the feeling of your feet walking up to collect a prize, the feel of a handshake, the feel of your cat snuggling on your chest, a cup of tea in your hand, or the feel of the sand under your feet on a beach.

Again, the purpose of doing this Memory Enhancement exercise is that as you pay greater attention to the positive life events and memories, neural pathways begin firing, and then when you look inside the memory "filing cabinet" of your mind, you have created strong positive neural pathways in the "filing cabinet" of your mind.

To encode this memory even deeper in your mind, when you have finished writing about it, tell someone about it. Notice your positive emotional state as you recall and dwell on this memory.



Memory Enhancement

See	
Hear	
Feel	
Taste	
Smell	

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