Appreciative Living

Simple Pleasures Daily Exercise For Overcoming Flatlining



By Jackie Kelm

The "Joy Engineer"
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"Simple Pleasures" Daily Exercise For Overcoming Emotional Flatlining

By Jackie Kelm

This document contains the core exercise I've found that works for getting positive emotions back with Emotional Flatlining.

The "Simple Pleasures" exercise was the key exercise I did every day that helped me overcome it, and is also the foundational exercise in the paid program that helped many others. In this report I explain how to do it.

Finally, there is an exercise template at the end you can use if you wish.

INSTRUCTIONS

Each day, think about "simple pleasures" in your life and write them down. A simple pleasure is anything that you would appreciate, find comforting, or enjoy if you could actually feel any of these positive emotions. Do this for 10-15 minutes each day.

Here are some examples of "simple pleasures:"

- Drinking a cup of coffee in the morning.
- Wrapping myself in a warm blanket on a cold night.
- The cat sitting on my feet.
- A hot fudge sundae that tasted ok.
- The sun is out - finally no more rain.
- Going to bed.
- I laughed at something.

You may want to get a journal to write in, or else use your phone or computer, or the template at the end to log your simple pleasures. Writing them down is helpful for two reasons. One is that it helps reinforce it in your mind, and the second is that you can go back and look at your list later. This can be especially helpful when you're feeling down.

It is best to do the exercise in the morning and think of simple pleasures you experienced the previous day, or that you expect to happen that day. But you can also do it at night if that works better for you. You can do it more than once a day as well if you wish. The more you do it the better it will work.

It is important to know and accept that you cannot feel the positive emotions when you do the exercise. Don't let this bother you or upset you. Just accept the fact you cannot feel for now. It may help to remind yourself there are other people out there just like you with flatlining doing this exercise with no feeling, and you are not alone. Those negative thoughts and feelings can actually keep you stuck or even move you back to flatlining.

Flatlining causes you to over-focus on the bad things. Seeing some of the good can balance your situation out a little, and may also help you let go of some of the negative emotion and not feel quite as hopeless. It will help you realize there are some parts of your day that aren't that bad.

If you find it difficult at first to do the exercise, or it seems pointless, just keep trying. You won't see any difference and this is the hard part. But this doesn't mean it is not working. In-fact, any time you look for good things you are building positive pathways. It's just that most of us stop and go back to the bad feelings of flatlining and un-do the good feeling pathways.

When writing your list it is best to try and write new simple pleasures each day, but this can be hard. So repeat the same simple pleasures when you have to (I did). The harder you work to find new simple pleasures the more powerful the exercise will be.

The brain changes very slowly over time, so you won't feel much difference for a while. It is also difficult to see your own progress because the changes are very small and hard to notice.

The other thing you need to know is that if you find you have a brief period of feeling—less than a second even—it is common that you will feel very flat afterwards for days or even a week. It is almost like the brain gets tired from working so hard to produce that feeling and needs to rest and go back to total flatness. So don't let the constant emotional flatlining get you down! It might just be that your brain is "taking a rest" emotionally while it's working hard to rebuild.

I hope this exercise is helpful for you! Just keep with it as it can take several weeks or even months for the brain to rewire and start feeling again.

To your joy! *~ Jackie*

About Jackie Kelm



Jackie Kelm is "The Joy Engineer," and has worked with thousands of people to help them get happier and more engaged in work and life. She is the founder and author of two books on Appreciative Living and her work has been embraced by organizations such The Duke Integrative Medical Center, Keurig-Green Mountain Coffee, and the National Multiple Sclerosis Society. You can learn more about her and her work at www.AppreciativeLiving.com, but not that it will NOT help with Emotional Flatlining.

Simple Pleasures Template

Each day, take 10-15 minutes to list as many things as you can.

Date:

Things I might find comfort in, or would like if I could feel positive emotion:

Date:

Things I might find comfort in, or would like if I could feel positive emotion:

Date:

Things I might find comfort in, or would like if I could feel positive emotion: