

EXPERIMENT # 1

Concentrate on everything that went wrong in the past week.....

- How you felt....

- In what way did others react to you at this time??

- Were there any physical consequences??

EXPERIMENT # 2

Focus on situations that really irritated you in the past week.....

- What was your emotional condition during these irritations?

- How did you feel physically??

- What was the response to you of the people around you?

EXPERIMENT # 3

Remember the times and events in which you were genuinely Thankful.....

- How did you feel physically?

- What were your emotional reactions??

- Did you notice any particular response from those around you?