

## **BEST POSSIBLE SELF (OPTIMISM) INTERVENTION**

### **Week 1**

Please take a moment to think about your best possible family life in the future (say in the next 10 years). Imagine that everything has gone as well as it possibly could. Perhaps you have a supportive partner or strong relationships with your children. Furthermore, perhaps you now live close to your parent(s), friends, or sibling(s) and are able to spend a lot of time with them. Think of this as the realization of the best possible family life you could ever hope for yourself.

Now, for the next 10 minutes, please write continuously about what you imagined. Use the instructions below to help guide you through this process:

1. Be as creative and imaginative as you desire.
2. Use whatever writing style you please, but remember to imagine your ideal life in the FUTURE (say in the next 10 years).
3. Do not worry about perfect grammar and spelling.
4. Use as much detail as you want.

## **Week 2**

Please take a moment to think about your best possible career or job in the future (say in the next 10 years). Imagine that everything has gone as well as it possibly could. Perhaps you have your "dream job" or manage your own business - whether it's full-time or only a few hours a week. Think of this as the realization of the best possible career or job that you could ever hope for yourself.

Now, for the next 10 minutes, please write continuously about what you imagined. Use the instructions below to help guide you through this process:

1. Be as creative and imaginative as you desire.
2. Use whatever writing style you please, but remember to imagine your ideal life in the FUTURE (say in the next 10 years).
3. Do not worry about perfect grammar and spelling.
4. Use as much detail as you want.

### **Week 3**

Please take a moment to think about your best possible physical and mental health in the future (say in the next 10 years). Imagine that everything has gone as well as it possibly could. Perhaps you exercise regularly and eat a healthy diet so that you feel strong. Furthermore, perhaps you feel less anxiety and don't worry about things so much anymore. Think of this as the realization of the best possible physical and mental health that you could ever hope for yourself.

Now, for the next 10 minutes, please write continuously about what you imagined. Use the instructions below to help guide you through this process:

1. Be as creative and imaginative as you desire.
2. Use whatever writing style you please, but remember to imagine your ideal life in the FUTURE (say in the next 10 years).
3. Do not worry about perfect grammar and spelling.
4. Use as much detail as you want.

## **Week 4**

Please take a moment to think about your best possible romantic life in the future (say in the next 10 years). Imagine that everything has gone as well as it possibly could. Perhaps you have an amazing wife/husband or partner and everyone is impressed by the relationship you share. Think of this as the realization of the best possible romantic relationship that you could ever hope for yourself.

Now, for the next 10 minutes, please write continuously about what you imagined. Use the instructions below to help guide you through this process:

1. Be as creative and imaginative as you desire.
2. Use whatever writing style you please, but remember to imagine your ideal life in the FUTURE (say in the next 10 years).
3. Do not worry about perfect grammar and spelling.
4. Use as much detail as you want.

## **Week 5**

Please take a moment to think about your best possible hobby or interest in the future (say in the next 10 years). Imagine that everything has gone as well as it possibly could. Perhaps you are able to spend as much time as you like on this activity, whether it's gardening, reading, traveling, golfing, quilting, etc. Think of this as the realization of the best possible hobby or interest "set-up" that you could ever hope for yourself.

Now, for the next 10 minutes, please write continuously about what you imagined. Use the instructions below to help guide you through this process:

1. Be as creative and imaginative as you desire.
2. Use whatever writing style you please, but remember to imagine your ideal life in the FUTURE (say in the next 10 years).
3. Do not worry about perfect grammar and spelling.
4. Use as much detail as you want.

## **Week 6**

Please take a moment to think about your best possible social life in the future (say in the next 10 years). Imagine that everything has gone as well as it possibly could. Perhaps you have established an amazing group of friends and neighbors and you are never without people who offer support and with whom you can socialize. Think of this as the realization of the best possible social life that you could ever hope for yourself.

Now, for the next 10 minutes, please write continuously about what you imagined. Use the instructions below to help guide you through this process:

1. Be as creative and imaginative as you desire.
2. Use whatever writing style you please, but remember to imagine your ideal life in the FUTURE (say in the next 10 years).
3. Do not worry about perfect grammar and spelling.
4. Use as much detail as you want.

