



## Three Good Things~happened during the day~

Health Support Center Counseling Team

Have you ever heard about the “Three Good Things” exercise?

I just want you to know the very small thing. We sometime forget about the very tiny good things in a day and kept thinking about some worries and sorrow.

Seligman, an American Psychologist of University of Pennsylvania whom is one of the founders of the Positive Psychology proposed the “Three Good Things”. By practicing, one is said to achieve increasing happiness, increasing resilience, which might lead to increase your controllability your daily life. Above, said to decrease the depression symptoms (Seligman, et al. 2005).

Here are some tips to how to do the “Three Good Things” exercise.

Take a pen and note (just in case there is an app, also), write the three good things before you sleep.

Just write the good things that happened that day. You can just take pictures when you found a good thing (e.g. I found a beautiful flower, and took a snap).

Others might be maybe “I was able to wake up early than the alarm”, etc...

There are three conditions to do the exercise.

1. **Take time before getting to bed** (it would be the maximum effect)
2. **Write Down** (anything counts) “Three Good Things” (note or apps)
3. **No good or bad** (no judgment)

\* Keep try it daily for at least a month

Three Good Things could be something that you find in the daily life, a tiny small things which made you happy, comfortable, achieved and felt good. Tiny is important and only write down three but you have to find and it starts your day.

Please do not judge it when you are choosing and writing the “Three Good Things”. It just could be your own “Three Good Things”. Don't say it is not so huge things.

Write as “I went to a shop and said it in Japanese and the shop clerk understood my Japanese and was able to get the thing what I wanted.” →I was able to say Japanese at the shop. Or even, I tried to say some Japanese at the shop, would be enough. Some time it does not go well, though there is a good thing in it “I had tried to say it in Japanese”.



The most important thing is simple things that is lying in your daily life and very very of your own good things (words and deed).

If you get use to find “Three Good Things” for a month and willing to do more, please add how or why it happened, “Three Good Things” were made (e.g. I went for a walk and found a beautiful flower at the flower shop). It is an adding process after finding and writing the “Three Good Things” for months. You are able to find how it occurred and what you had done to find the “Three Good Things”.

When we look back “Three Good Things” it would be piled up.

For my experience, I just watched You Tube and I just saw a person whom were playing the Street Piano in Vienna joyfully.

Few months later I went to see the other pianist concert and few more months later I went to a small concert hall. The pianist took me not to Vienna but to a small concert hall in Japan.

It was an amazing moment. So, when it piles up it might be spread out to somethings such as a concert hall or it might be just listening to the CD.

How do you think about the process of the “Three Good Things”?

Hope it would help you.

We are eager to support the students in any help to continue your academics. Such issues in academics, trouble with relationship (lab matters, professor, friends, family, and romantic, etc) and mental health issues. Please feel free to make an appointment by the web (only for the new attendant to the counseling) or please free to call and make an appointment.

There are 3 English speaking counselors in both campuses (Ookayama and Suzukakedai), and also there are Japanese speaking counselors in both campuses, so if you want to practice some Japanese there would be a help from the Japanese speaking counselors to increase your Japanese.

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For further information about the health support center and counseling services, please check the below.

<https://www.titech.ac.jp/english/student-support/students/counseling/counseling>

#### References

Seligman, M. E. P. (2002). Authentic happiness. New York: Free Press.

Seligman, M. E. P., Steen, T. A., Park, N., & Peterson, C. (2005). Positive psychology progress: Empirical validation of interventions. *American Psychologist*, 60, 410-421.