

Sources of Unhappiness

AFTER doing this week’s reading, review and complete this worksheet. The class materials this week will likely bring to mind a range of unhappy, upsetting, or even painful experiences. Identify at least five such experiences, and be prepared to disclose one in class.

You will have *complete control* over your disclosure, but I want you to reflect on the fullest possible range of relevant experiences.

Use this sheet to identify the experiences that come to mind for you, and give each experience a title to help you remember it.

Experience
1.
2.
3.
4.
5.

We’ll conduct a group exercise with the entire class.

You’ll have 20 seconds to describe one of the experiences that came to mind for you. Timing will be important; don’t rush, but don’t exceed 20 seconds. As stated above, the nature of your disclosure will be entirely up to you; be thoughtful about what you want to share (and what you don’t) with the entire class.

Note that the goals of this exercise are to increase our shared understanding of our sources of unhappiness, and to determine what we can safely discuss as a group. The intention is *not* for us to share our *most* painful experiences, but, rather, to share those experiences that best fit the setting and support the goals above.