



## ENABLE EXERCISE #26

### Savoring Pleasurable Moments

---

Savoring is a term that refers to the awareness of a pleasurable state and the deliberate effort to make it last. Research<sup>1</sup> suggests that individuals differ in their tendency to savor pleasurable moments and that those who do are happier and more satisfied with life, more optimistic, and less depressed than those who do not.

#### Exercise

The next time something good happens to you, make a point of savoring the experience by:

- **Share your Experiences with Others** (if possible share as it is occurring and if not recount the experience to others afterwards telling them how much you valued it)
- **Building Memories** (Do something to create a lasting souvenir of the event and take a picture or bring back a memento and reminisce with others about it).
- **Congratulate Yourself** (Review how impressed others are and remind yourself of how delicious this feels.
- **Sharpen Your Perceptions** (In your mind, pick out a few highlights of the moment and focus on them)
- **Absorption** (Allow yourself to become completely immersed in the pleasure of the moment and block out any extraneous thoughts)

<sup>1</sup> Bryant, F.B. (2003). Savoring Beliefs Inventory (SBI): A scale for measuring beliefs about savoring. *Journal of Mental Health*, 12, 175-196