



# Hello JOY!

Week 3

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Name one thing which brought you  
joy this week.

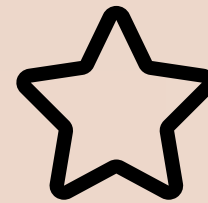
Put your answer in the chat.

# What You Can Expect



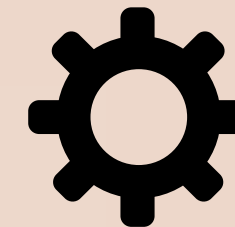
## **Knowledge**

Create awareness  
about your joyful spirit.



## **Tools for Change**

Learn proven  
techniques to  
reduce negative  
thoughts and  
increase joyful  
spirit.



## **New Relationship to thoughts**

Daily practice of  
writing, art, and  
scheduling.

# Timeline

JOYFUL THOUGHTS

JOYFUL ACTION

WEEK  
01

WEEK  
02

WEEK  
03

WEEK  
04

JOYFUL SELF

JOYFUL SPIRIT




Joy does not simply  
happen to us. We  
have to choose joy  
and keep choosing  
it every day.

- Henri J. M. Neuwan



If you struggled to keep your  
commitment of joy for 20 minutes a  
day, what got in your way?

Put your answer in the chat.



What does  
your brain  
like to  
complain  
about?

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# Looking for negative

- You will find what you look for.
- Brain loves the negative!
- Helps the brain feel helpful and safe.
- Prove ourselves right by finding what we are looking for in the world.



# Cognitive Distortions

“Faulty or inaccurate thinking, perception or belief” (APA).

When inaccurate beliefs influence our thoughts, emotions, and actions, we can feel anxious, stressed, angry, or depressed about ourselves and the world.



# Examples: Cognitive Distortions

- The world is unsafe.
- I can't trust people.
- People are out for themselves.
- I will be safe if people like me.
- I am bad. They are bad.
- Nobody will judge me if I am perfect.
- I must work hard to prove I am worthy.



# Cognitive Distortions

- Our minds can sometimes play tricks on us - depends on how we interpret things.
- Mind can convince us of things that aren't true, even though they feel/seem rational to us.



# Cognitive Distortions

- Negativity is often the defining characteristic.
- Most common is a momentary distortion: fail at something at work and we think we are a terrible worker instead of recognizing we made a mistake.

(University of PA Medical Center, 2022)



# Cognitive Distortions

1. Engaging in catastrophic thinking.
2. Discounting the positive
3. Emotional reasoning
4. Labeling and mislabeling
5. Mental Filtering
6. Jumping to conclusions
7. Overgeneralization.
8. Personalization.
9. Black-and-white or polarized thinking.
10. "Should" statements



# Catastrophic Thinking

Expect the worst outcome in any situation.

“What if...?”

"Why bother?"

- Child misses curfew = car accident = tragedy.
- Boss schedules a meeting = fired = homeless.
- Depression and anxiety disorders.
- Strained relationships



# Discounting the Positive

When something goes right, you acknowledge it but refuse to take credit.

- Mistake or "dumb luck".
- Choose to focus on single piece of negative feedback among positives.
- Hurts pride and self-esteem.
- Anxiety disorders.



# Emotional Reasoning

You rely on “gut” feelings over objective evidence to judge yourself and the world.

“I feel like a bad mother, so I must be a bad mother.”

- Can lead to irrational decision making and painful judgements.
- Eating disorders may come from emotional reasoning.



# Labeling & Mislabeling

You often define yourself and others with negative labels. Focus on one past behavior or event.

"Co-worker is "lazy" because they arrived late."

"I'm stupid because I failed the math test."

- Damages self-esteem.
- Poor relationships: lowers view of other people.
- Similar to depression.

A watercolor palette with various colors (yellow, orange, pink, green, blue) and a brush are visible in the top left corner of the image, resting on a wooden surface.

# Mental Filtering


You view yourself, your life, and your future through a negative lens.

You ignore the positive.

Bring feelings of hopelessness and helplessness.

"This is so terrible and it will never change."

- Mental filtering can be linked to depression or suicidal thoughts (hopeless/helpless).
- Results in isolating themselves from others.



# Jumping to Conclusions

Decisions based not on what someone says or does, but on what you believe they're thinking. Fail to ask what the other person thinks or feels.

Take action or respond based on your thoughts instead of reality.

Mind-reading or fortune telling.

- Negative impact on communication and relationships.
- Forshortened future associated with PTSD.



# Overgeneralization

Apply experience from one event to another without enough information.

"My marriage ended in divorce, so I am not worthy of love. I should never date again because it will be the same."

- Damaged self-esteem.
- Reduces efforts towards joy.
- Poor view of the world.



# Personalization

Blame yourself for things outside of your control.  
Falsely believe that everything someone says or does is  
a direct reaction to you.

"They must not like me because they were late."

"They excluded me on purpose."

- Frustrated relationships. "Stop taking it personally."
- Convince yourself that you are being intentionally targeted or excluded.
- Compare yourself to others steals joy and yields poor esteem.



# Black and White Thinking

Extreme ways of thinking.

People and situations are either great or terrible. You believe you're either destined for success or failure.

"I failed so I am giving up."

"This job is the worst."

"Nothing is helping."

- Creates internal and external drama, hopelessness.
- Fail to see balanced perspectives or outcomes.
- Hopeless thoughts are associated with depression



# "Should" Statements

You have a list of rules for how people should and shouldn't behave. Constantly blaming yourself or others for what "should" have been said or done (but wasn't).

"They should not have said that."

"I should have done better/look a certain way."

- Increases stress and anxiety.
- Unable to be joyful if you focusing on past and what "should" have been.




Which is your "favorite" or most-used  
cognitive distortion?

Put your answer in the chat.



# Cognitive Distortions

1. Engaging in catastrophic thinking.
2. Discounting the positive
3. Emotional reasoning
4. Labeling and mislabeling
5. Mental Filtering
6. Jumping to conclusions
7. Overgeneralization.
8. Personalization.
9. Black-and-white or polarized thinking.
10. "Should" statements



Time to relate  
differently  
to your  
thoughts!

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# Classic Cognitive Strategies

What is your proof?

Conclusions from feelings or evidence?

What are your biases?

Try a different perspective.

Imagine the best/worst outcome.

What is likely to happen?

What are your biases?

What conclusions influence your thoughts?



We are unable to avoid,  
control or stop our  
thoughts.

The struggle to do so  
leads to more pain and  
suffering.



# Relate Differently to your Thoughts

1. Observe your thought.
2. How does this thought function?

**Ask:** Does acting on this thought get me closer or farther from my values?

**Avoid:** the "O word".

A full-page background image of a sky at sunset or sunrise. The sky is filled with clouds, some of which are illuminated with a warm orange glow from the low sun, while others are in deep shadow, appearing in shades of blue and grey. The overall mood is serene and contemplative.

You are the sky.  
Your thoughts and feelings  
are the weather.

A close-up photograph of a textured, reddish-brown wall. A large, irregular white patch, resembling a cloud or a splash of paint, is centered on the wall. The patch has soft, feathered edges and a slightly mottled appearance. The text "Remember, it is only a thought!" is superimposed on the white patch in a bold, black, serif font.

**Remember, it is only a thought!**



# Stop the tug of war

- ☐ Imagine a tug of war between you and a dog in the park.
- ☐ The dog is your thoughts. When it is time to go do something you want to do...
- ☐ "Drop the struggle."

Be here - Observe thoughts - Create distance - Focus on values - Commit





What did you notice in taking  
perspective on your thoughts?

Put your answer in the chat.

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# Process

1. **Be here** - ground into 5 senses: see, hear, taste, touch, smell.
2. **Observe thoughts** - notice the content of the thoughts.
3. **Create distance** - observe from a distance.
4. **Focus on values** - what is most important right now?
5. **Commit** - choose an action congruent with your values and take action.



# Creating a joyful spirit

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# Optimal environment for joy

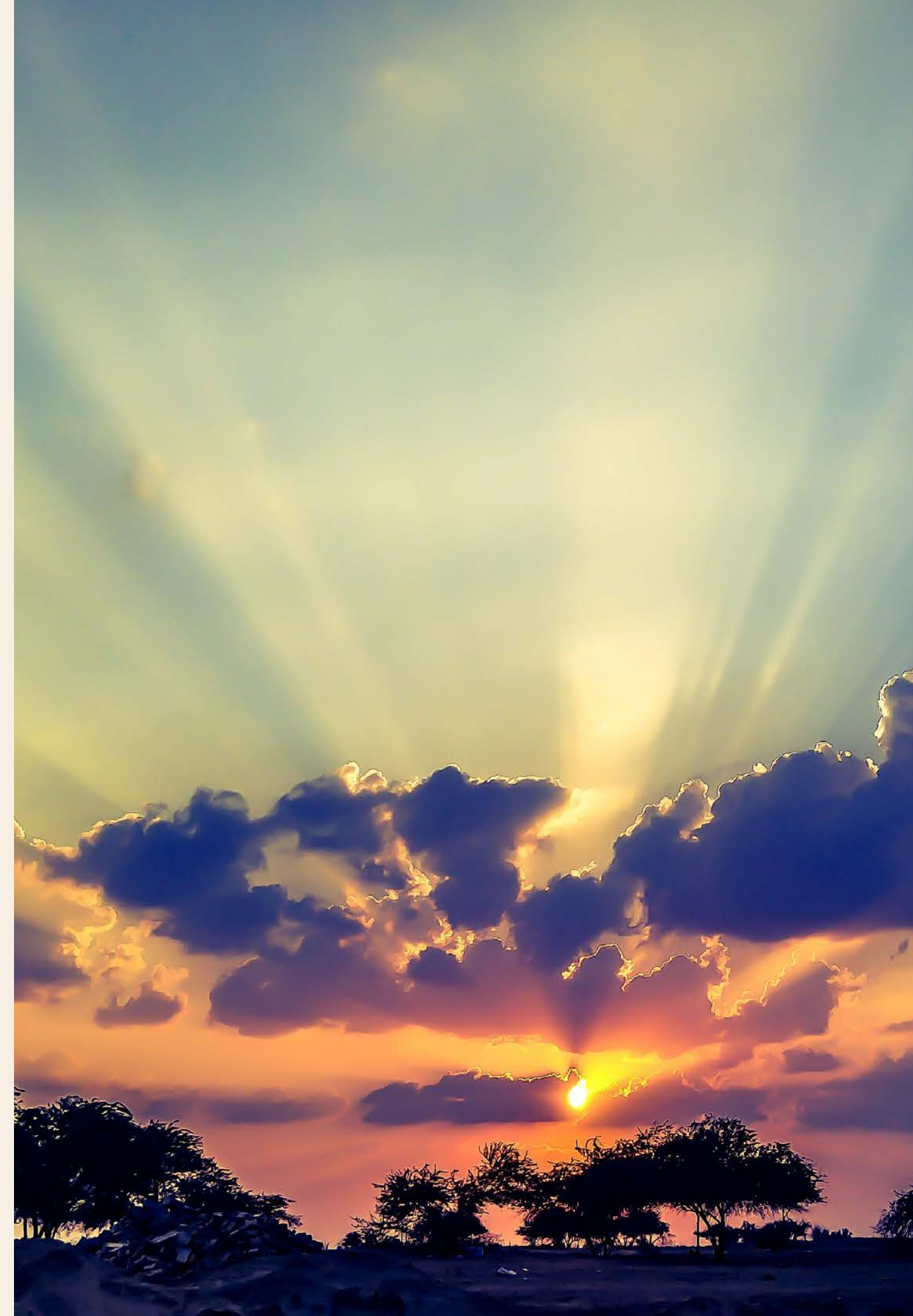
- **Body care** - 8 hours sleep, good nutrition, relaxation, hygiene, dressed, etc.
- **Mental care** - easy relationships with thoughts, learning/trying new things, therapy, coaching.
- **Emotional care** - loving relationships, act according to your values, giving what you want, pleasure, giving value.
- **Spiritual care** - creating meaning. present moment awareness, solitude, meditation/prayer, art, nature.

# Make a Commitment

**noun:** the state or quality of being dedicated to  
a cause or activity

**verb:** actions which reflect your values

- **Committed action** is behaving in a way of your choosing. And this month, you choose joy!
- **Behavior change** respond differently, try a new thought or behavior in line with your value.



# Research says...

## Success follows a pattern

Consistency  
Habit making  
Enjoyment  
Planning





# Homework Example

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# Your Inspired Action

20 minutes a day will give you  
more than enough time to  
complete tasks this week.

1

**Complaint  
Department**

2

**Joyful  
Thoughts**

3

**Joyful  
Spirit**

4

**Creative  
Expression  
& Reflection**

# Closing the Complaint Department

## pg. 42

- Write down all the ways you typically choose to complain.
- Add to this list as you discover more.
- What do you notice about your complaints?
- Look back at the Cognitive Distortions and identify where your brain used distorted thoughts.
- Zero judgements!
- How do you feel reading your list of complaints?



A photograph of a young woman with long brown hair, wearing a white t-shirt, looking down with a sad expression. She is being embraced from behind by a person wearing a black long-sleeved shirt. The background is dark and out of focus.

# Closing the Complaint Department

## pg. 42

- If addressing the complaints moves you away from your values and/or the problem is not within your control...change your thoughts.
- If working on any of the complaints would move you closer to your values, and you want to change it...make a plan and commit to action.
- **How?** Talk to someone about your concerns, write, make art, set limits, make a decision, schedule therapy, sign up for coaching & believe in change.



# Example: Complaint Department

- They are... (blame, unable to control others)
- This is wasting my time. (time anxiety, unable to control the unexpected)
- I'm unable to be happy until \_\_\_\_\_ changes. (judging, labeling, a lie, giving up personal choice & responsibility)



# Joyful Thoughts pg. 43

- Make zero complaints this week! None! Not in your head and not out loud.
- Use "YET."
- "It will be difficult to quit complaining...YET, I am committed to make it happen!"
- Identify replacement thoughts: A list of joyful thoughts, gratitudes, and self-compassion.
- Start spontaneous and then add joyful comments specifically to balance your greatest complaints.



# Example: Joyful Thoughts

I have this moment.

I am cultivating joy everyday.

- "They are getting in the way of me accomplishing this task, YET I am committed to zero complaints."
- "This is wasting my time, YET, I have this moment to use as I like".
- "I'm unable to be happy until \_\_\_\_\_ changes. I can choose my reactions and my emotions. I am free to respond as I wish and my happiness depends on me."



# Joyful Spirit pg. 44

- Imagine your highest, joyful self.
- Breathing and imagination exercise.
- **Imagine** you are full of joy and embodying your joyful self today.
- **Ask:** What is this kind & generous part of you doing? How are you talking to yourself? Behaving towards others?
- **Write** and read out loud. **Smile.**
- Pick one or two and **practice** them all day long.



# Example: Joyful Spirit

## My future joyful self...

- ...is out of her head and in the moment.
- ...responds freely to whatever presents itself.
- ...smiles a lot!
- ...uses self care to create an "environment hospitable to joy" each morning.
- ...encourages and values others.
- ...gives value in each interaction.
- ...trusts herself.



# Joyful Spirit Mantras pg. 45

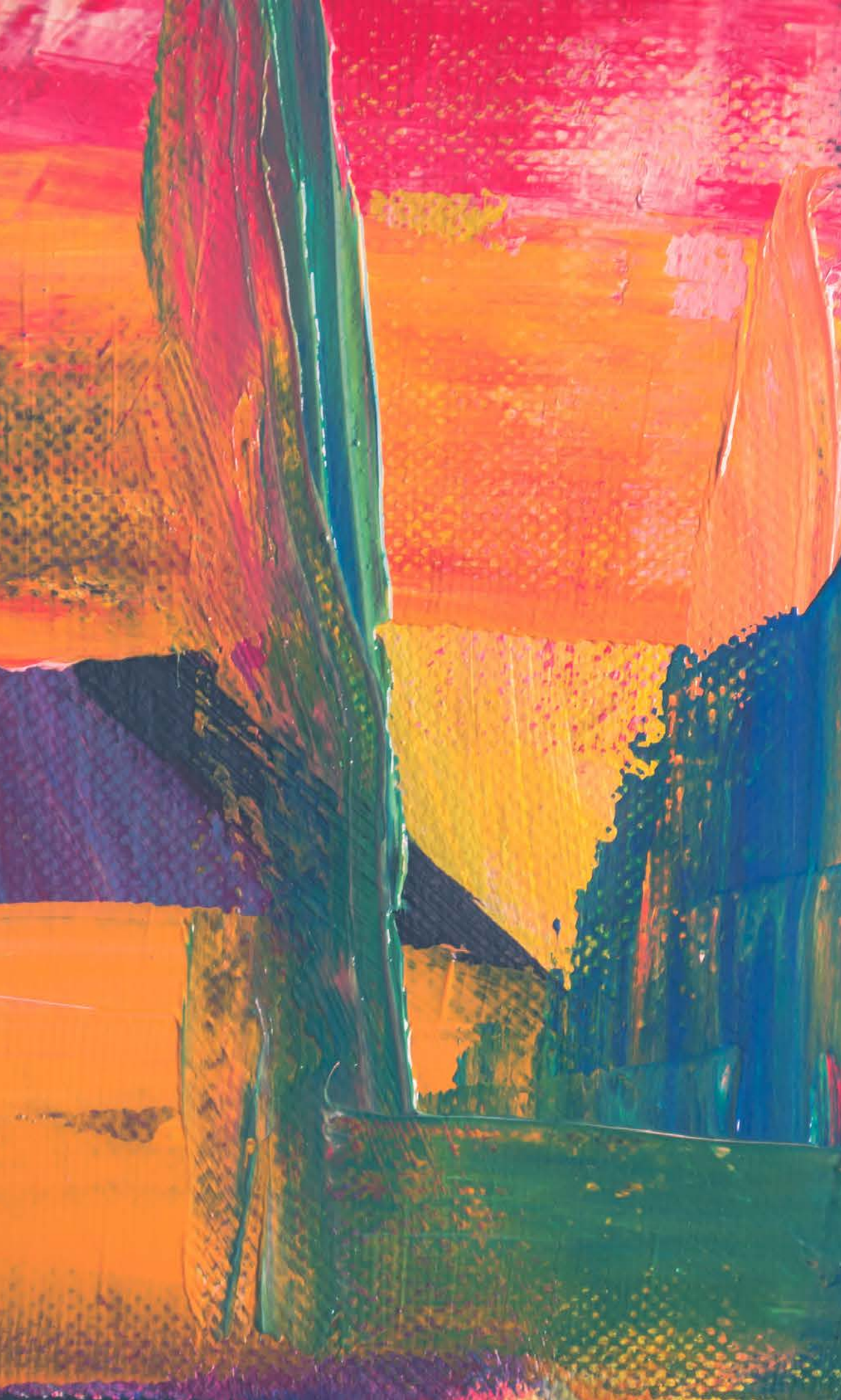
- **Describe** your joyful self.
- Use the language from your previous writing for inspiration.
- Be spontaneous and creative - this is a rough draft so feel free to get a little wild!
- Be real and **have fun**.
- Identify your mantras - present tense.



# Examples: Joyful Spirit Mantras

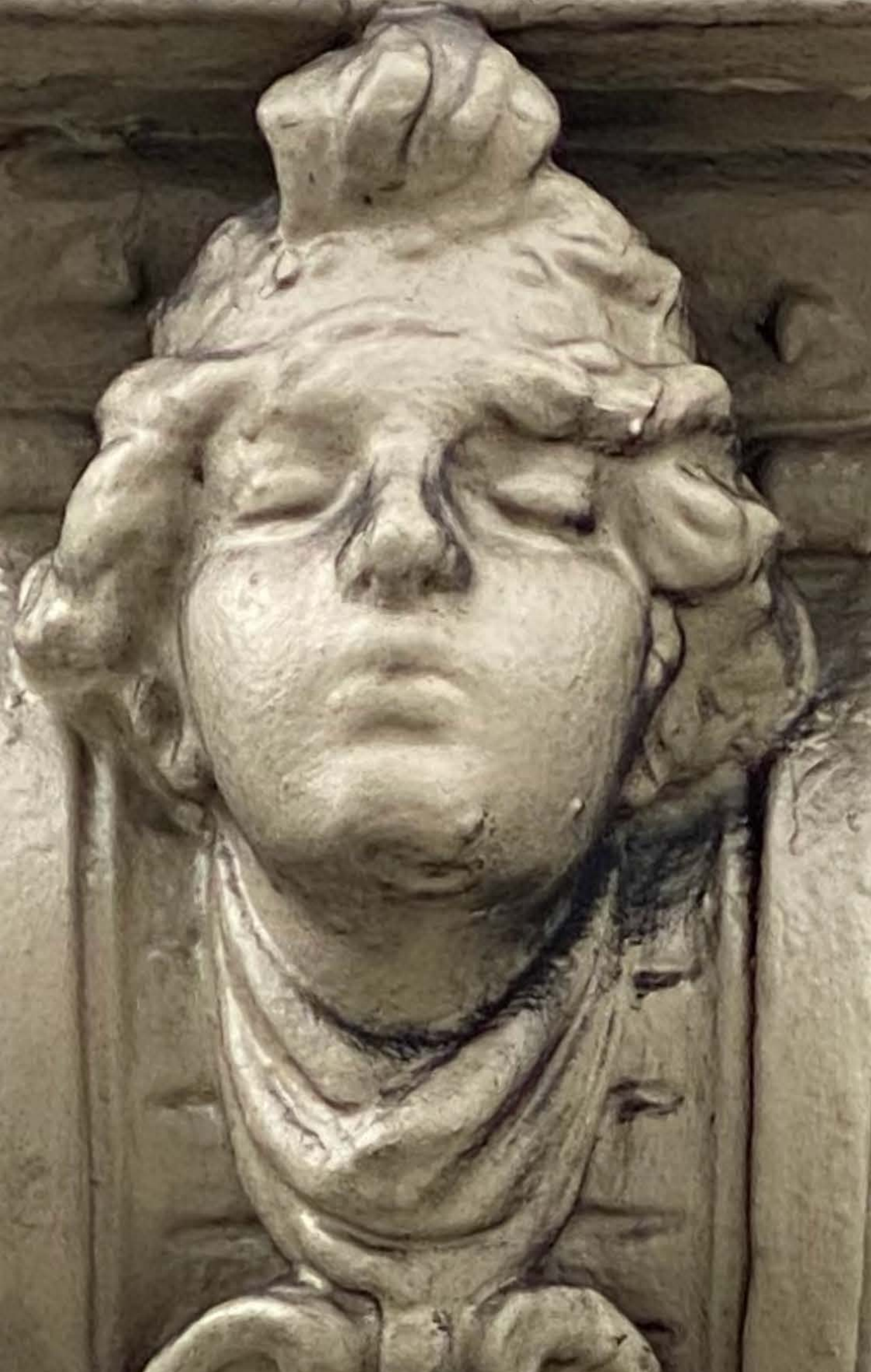
Joyful me...

- gives value in my work.
- is brave when making decisions.
- creates.
- smiles.



# Visual Expression pg. 46

- Show your joyful spirit.
- It could range from just one line to a fully fleshed-out, abstract or representational picture.
- Be spontaneous!



# Example: Visual Expression

**Title:** Joyful Cherub

**Three words or phrases:**

Meditating on my joy

Guarding my joy

Silence

**How I feel:** engaged, curious, joyful



# Week in Reflection pg. 47

- Reflect on what you have learned about your higher self experiencing joy this week.
- Appreciate your strengths, and focus on your positive actions.
- Notice alignment with joy.
- Avoid judging about what you did or did not do this week.



# Example: Reflection

- Reflecting on my joyful spirit takes me away from my thoughts and more into the moment.
- I have experienced flow in my work and art making.
- I am less "bothered" by what is happening outside of me.
- I continued to focus on being kind to myself when I was feeling uncomfortable or having thoughts of self doubt.

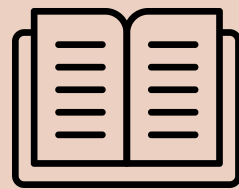
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Name one way you will cultivate joy  
today.

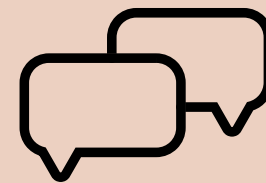
Put your answer in the chat.

# What To Do Next



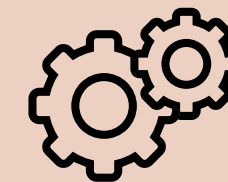
## **Review**

Review your week last week and be sure to reflect on your successes.



## **Make the commitment**

Schedule 20 minutes a day & mark it in your planner.



## **Week 3**

Read and complete Week 3 exercises and complete worksheets.



# Want More?

For supplemental inspiration about your values  
and self kindness, find me each Friday at noon  
PST on IG live @dramybackos

Sign up for therapy or  
try out my mini-coaching package.

[www.arttherapycentersf.com](http://www.arttherapycentersf.com)

# Mini Coaching Package



Save \$500  
Coupon code  
"ValueCoaching"

\$1500 package  
for \$1000

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A dried flower with a brown seed head and yellow petals is the central focus. The background is a soft, out-of-focus image of a person's face, with warm, brownish tones. The overall mood is contemplative and artistic.

Thank you!

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