

# S.A.D. to Glad Rating Sheet

By Dr. Emmett Miller and Jonathan Robinson M.F.T.

## Session 1: Feel Better

Name of Exercise or Sheet	Check When Used	Value Received (1-10)	Use in the Future?	Your Notes
Read Key Points Sheet				
Cape Walk				
Smile				
Sing and Move				
Exercise				
Warm to cold shower				
Yelling/Loud Singing				
Schedule Fun				
Power Meditation #9				
Watch Recommended Movie				
10 Tips for Good Sleep				

## Session 2: Handling Your Thoughts

Name of Exercise or Sheet	Check When Used	Value Received (1-10)	Use in the Future?	Your Notes
Read Key Points Sheet				
Rebuttal Sheet				
Suicide Prevention Contract				
Read Thought Mistakes Sheet				
Singing/Dance Moves				
Disney Voice Method				
What could be good about this?				
Will this matter in 5 years?				
Problem solving questions				
Power Phrases Affirmations				
Power Meditations #4 and #6				

## Session 3: Body In Balance

Name of Exercise or Sheet	Check When Used	Value Received (1-10)	Use in the Future?	Your Notes
Read Key Points Sheet				
Handling Insomnia Sheet				
7 Min. Workout				
Winter Blues Info Sheet				
Power Meditation # 1				
Read Supplement Guide				
Supplement Purchased				
Supplement Taken				

## Session 4: Positive Psychology

Name of Exercise or Sheet	Check When Used	Value Received (1-10)	Use in the Future?	Your Notes
Read Key Points Sheet				
Create a Deep Connection Exercise				
3 Good Things Exercise				
10 Ways to Boost Happiness				
Sitting/Dance Moves				
Power Meditations #2 and #3				

## Session 5: Your Spirit and Purpose

Name of Exercise or Sheet	Check When Used	Value Received (1-10)	Use in the Future?	Your Notes
Read Key Points Sheet				
Ideal Obituary Exercise				
Letting Go of Negative Emotions Exercise				
12 Guidelines for Spiritual Growth				
Power Meditation #10 and #5				

## Session 6: Healing the Past and Relationships

Name of Exercise or Sheet	Check When Used	Value Received (1-10)	Use in the Future?	Your Notes
Read Key Points Sheet				
Letter of Completion				
Erasure Technique Sheet				
Listen to Escape from Depression Program				
My New Story Exercise				
Day One Deeper Happiness				