

Why We Use 'What's Been Good?'



It causes us to produce Serotonin, which makes us feel good, and draws us into the Intellectual/helpful brain



It allows us to build and reinforce new, positive neural pathways



It strengthens our brain, like a muscle, to notice positive things, and look for Solutions rather than problems



It gives us written evidence to look back on, to show us what we have achieved, and strategies we have used that we can go back and use again



By spending more time in the Helpful brain, we become more confident and resilient