



3 Positive Psychology Coaching Resources

Coaching resources supplement the coaching relationship and encourage conversations that help move the client to raise their awareness, reflect on their values, and work toward their goals.

These resources can be used in one-to-one sessions, group workshops, or as self-led homework.

Below are three positive psychology coaching tools and resources to help clients further explore their goals, values, strengths, and weaknesses.

1. The positivity ratio

The positivity ratio (Fredrickson, 2005) is a simple measurement tool aimed at measuring an individual's positivity and negativity ratios so they can learn what adjustments are needed to flourish.

$3P (3 * \text{Positivity}) : N (1 * \text{Negativity}) = \text{Flourishing}$

For an individual to flourish, they need to regularly think and feel positive at least three times as much as they feel negative.

The positivity ratio has been researched thoroughly, and although it is not without its critiques, it is still a great reflection tool to use with clients in positive psychology coaching to encourage discussion and consider positive and negative feelings.

2. Active constructive responding

We all have different ways of responding within different scenarios, especially when it comes to responding to good news from other people in our lives.

Research has shown that individuals who were able to respond in a particular way to each other's good news and offer proactive support in the face of positive things, as well as negative challenges, had stronger relationships overall (Gable, Reis, & Downey, 2003). The researchers called this active constructive responding (ACR).

ACR is an effective resource for mental health coaches as a way to help clients strengthen their personal relationships and deepen their sense of positive social connections. ACR can also be used to talk about the self; instead of dismissing good things when they happen and getting stuck focusing on the bad, utilizing ACR can create a more positive framework for individuals to think about themselves and others.

ACR involves engaging with the other person sharing their news to capitalize on the experience using the following steps:

Sharing their excitement and happiness: *“I’m so glad you told me about this, I’m very excited for you.”*

Asking open-ended questions to encourage further discussion about the news: *“When did this happen?”* and *“How did you feel when you first heard the news?”*

Reaffirming you feel positive and happy for them: *“You’ve been waiting for this for a while, so I feel really happy it has happened for you.”*

3. Best Possible Future Self Exercise

The Best Possible Future Self (Sheldon & Lyubomirsky, 2006) is a popular exercise used within positive psychology coaching, and it can be especially beneficial with clients who feel a little vague about how they want to improve or change to start leading a more authentic or flourishing life.

This exercise engages clients to visualize and write about how they envision the very best version of themselves. It is a writing exercise, and participants are encouraged to reflect and consider the following:

A version of their best possible self who they are interested in meeting and being.

Vivid details about having succeeded in accomplishing their life goals. These need to be realistic, positive, and attainable. What does this look like? How do they feel? Who else shares this experience with them?

The specific character strengths that this best future self embodies.
The specific character strengths required to begin moving toward becoming that best possible future self.

This exercise has been proven to help individuals enhance their self-regulation, as it creates an opportunity for them to learn and

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understand what drives them, their emotional reactions, and the structure of their priorities (Omodei & Wearing, 1990).

Within positive psychology coaching, this exercise can be utilized throughout a coaching journey for the client to add to and modify as they develop further clarity about their goals and what their best future self might look like.

Reference

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