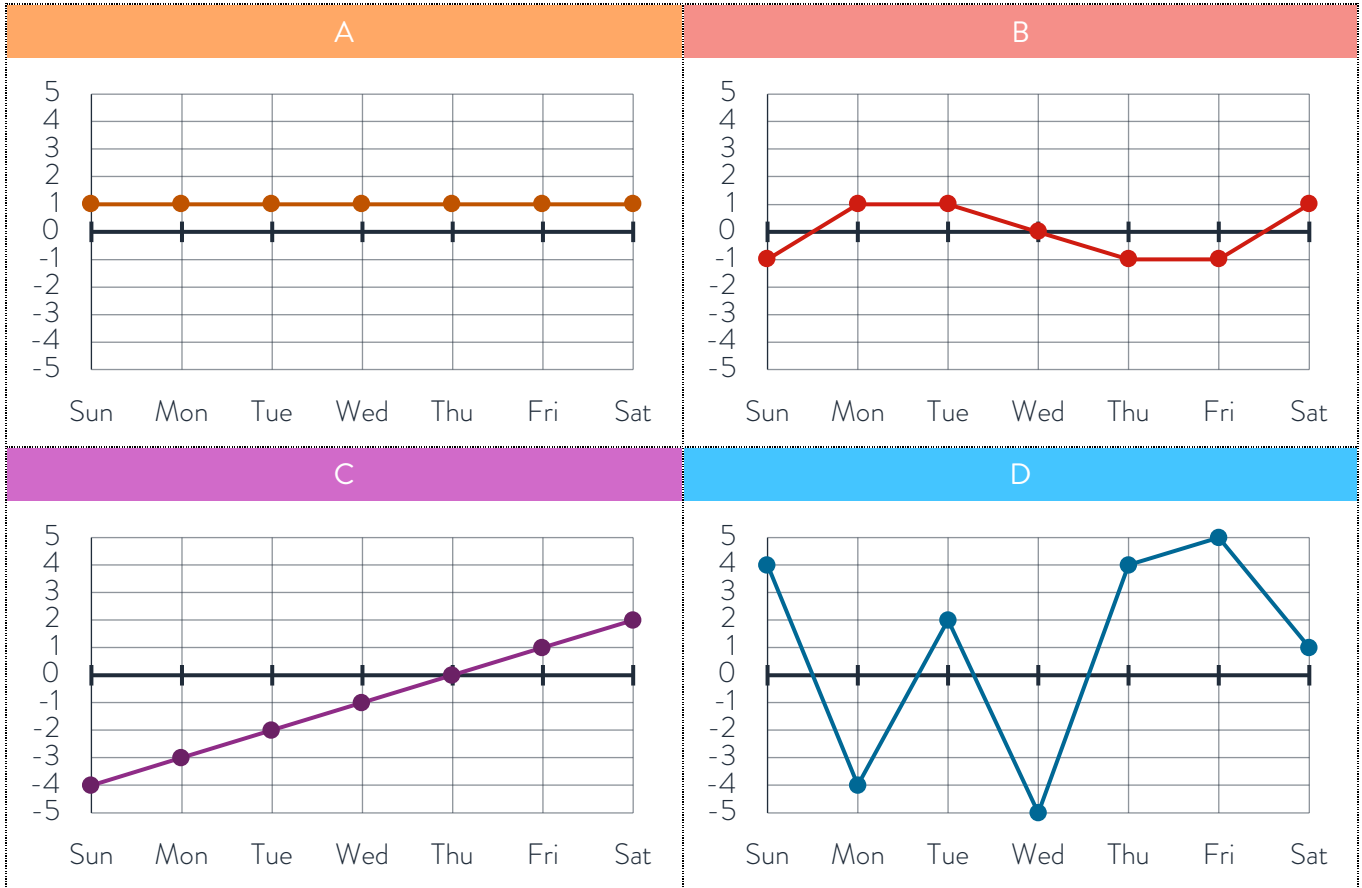


Name & Date:

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Part One: Dear Diary

- 1 Every day for a week, four people rated how they felt before they went to bed, from -5 (awful) to 5 (great).

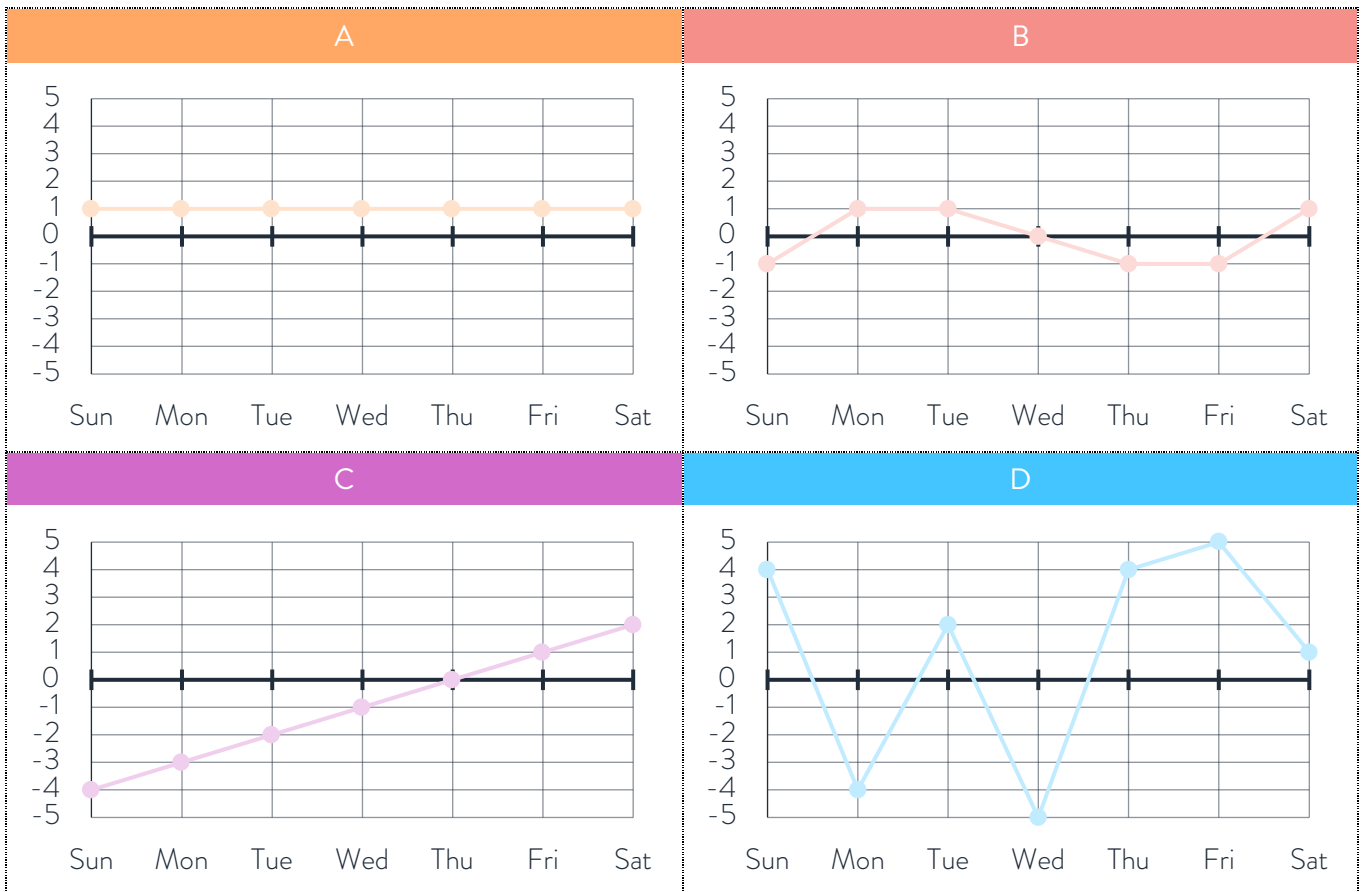


a. Pick a person. For this person, which day of the week do you expect felt the best? The worst? Explain.

b. If you could experience one person's week, whose would you choose and why?

Part Two: Absolutely, Positively?

- 2 Instead of measuring how good or bad each day was, imagine the people measured how intense each day was. Graph the intensity of each person's week. Which do you think is more important: how good you feel or how much you feel?



- 3 Many people think they're "supposed to" be happy all the time. However, some psychologists think that feeling sad is an important part of life. Below, sketch what your ideal week would look like. Why is this graph right for you?

