

## PSY 330 Savoring

### R-10\_Savoring Exercise & Reflection (40)

Savoring refers to our awareness of pleasure and our deliberate attempt to make it last. Think of it as the opposite of coping.

**ASSIGNMENT (20 pts):** Between now and the Assignment due date pick a meal that you plan to enjoy (you don't have to "go out," but that will make it even more special). Instead of choosing a wonderful appetizer, a wonderful entree, a wonderful wine or beer, and a wonderful dessert, choose one - and only one - to be the focus of your meal and *savor it* without flooding your taste buds with all the others. (If you do go out, your wallet and your waistline will be especially happy, but so too might you.)

Afterward savoring one part of the meal - savor the event. Use the following '**Savoring Strategies**' as a guideline and incorporate as many as are appropriate:

- **Sharing with Others:** Share your experience of the meal with someone (in other words, relive the experience.).
- **Memory Building:** Take mental (or actual) photographs or even a physical souvenir of the event to reminisce about later with others.
- **Self-Congratulation:** Do not be afraid of pride. Tell yourself how impressed others are and remember how long you have waited for this to happen.
- **Sharpening Perceptions:** Focus on certain elements of the experience - and block out others.
- **Absorption:** Let yourself get totally immersed in the pleasure and try not to think about other matters - in other words, *wallowing* the positivity!

**REFLECTION (20 pts):** At some point after the experience Reflect not only on the experience of the meal, but also on savoring the experience of the meal and the impact of the 'Savoring Strategies'.

**DEADLINE:** This Assignment Manager will remain available until \_\_\_\_\_ @ 11:55p.