



Psychodynamic Depression Series • Part 15

# Internalizing the Good

Building a reservoir of resilience.

Syracuse I.

Comprehensiv

# The Concept

"The brain is like Velcro for negative experiences and Teflon for positive ones." — Rick Hanson

Depression creates a negativity bias. We ruminate on failures and dismiss compliments. To heal, we must actively "install" positive experiences into our neural structure.

This is not "positive thinking." It is neuroplasticity. By savoring small moments of good (a warm cup of tea, a kind word), we build a "Good Object" inside us—a source of comfort we can draw upon when the darkness returns.

## 1 The Teflon Audit

What slipped away?

Think of one small good thing that happened this week. Did you let it land, or did it slide right off?

The Inner Critic

What does your critic say when you try to feel good? (e.g., "Don't get your hopes up," "You don't deserve this").

## The Turning Point

The 20-Second Savor



**Guided Audio Meditation (3 min)**

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### 1. Catch the Spark

Today, notice one tiny pleasant sensation (sun on your face, the smell of coffee). Stop. Do not move on to the next thought.

## 2. Install It

Stay with that sensation for 20 seconds. Imagine it soaking into your cells like water into a sponge. Say to yourself: "This is real. This is mine." You are rewiring your brain.

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