



Savoring Discussion Questions

April 2026

“Savoring just means that we attempt to fully feel, enjoy, and extend our positive experiences.”
- Tchiki Davis, Psychology Today

1. Can you recall a recent experience that you truly savored?
What helped you stay present during that moment?
2. What habits or activities help maintain your mental well-being?
3. How do you practice mindfulness? (for example breathing exercises, meditation, or a body scan.)
4. What helps you stay close to the people that matter most in your life?
5. What does “savoring the moment” mean to you?
6. What are ways you have been able to plan for one small, enjoyable activity within your energy level?
7. What are three qualities or strengths that describe you well?
8. Do you think “savoring the moment” can be difficult to do in everyday life? Why?
9. How does practicing gratitude influence the way you view challenges or difficult situations?
10. How might savoring positive experiences affect a person’s overall happiness and well-being?
11. In what ways can mindfulness help people notice and appreciate small positive moments throughout the day?
12. What barriers have you found in savoring the moments living with chronic pain and illness?
Please share your tools and strategies.
13. How is mindful savoring different from just experiencing something pleasant?

14. How can savoring positive experiences—like a conversation, a warm drink, or fresh air—impact your mood or energy levels?
15. Do you plan time for leisure/ fun activities in your day?
If you don't, would this be helpful?
16. What are small comfort routines that help you on tough days?
17. Can you recall a recent experience that you truly savored?
What helped you stay present during that moment?
18. A reverse bucket list is “recalling positive memories and accomplishments from the past.” (Psychology Today) Have you ever tried writing a reverse bucket list?
19. How does in being nature help you be present and savor the moment?
20. What is the difference between simply experiencing something enjoyable and mindfully savoring it?
21. What are some ways you can make positive feelings last longer?
(For example lingering on good moments or memories)
22. Have you found good websites or apps that help you see the world from the comfort of your couch? Please share.
23. What are some positive traits or activities that describe you?
24. What are some simple daily habits that could help someone develop a stronger sense of gratitude?
25. What are ways you can be self-compassionate in the present moment?
26. How have you found people to connect with online or in your area?
(ex. Through hobbies, book clubs, writing groups or sports)
27. What role do technology and busy schedules play in making mindfulness more difficult?
How can people manage this?
28. How can sharing gratitude with others strengthen relationships and social connections?
29. Do you recognize or celebrate yourself when you achieve goals, whether big or small?

30. What are your go-to positive practices for limited energy days? (coloring, foot bath, guided imagery)
31. What do you usually do to manage or work through negative feelings?
32. What are some small things you feel grateful for on difficult pain days?
33. If someone wanted to start practicing gratitude or savoring today, what would be a good first step?
34. Have you ever found that slowing down helps you appreciate experiences more deeply? Explain.
35. How do you balance acknowledging pain while still allowing space for gratitude or positive moments?
36. What mindfulness practices (breathing, body awareness, nature, music, etc.) feel supportive rather than overwhelming when you're in pain?
37. What are the ways you found to document good moments? (apps, journaling, photography, etc)