

Joy Mapping Worksheet

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Purpose: This worksheet helps you notice what kinds of joy feel accessible, limited, or unavailable right now. This is not forcing fun or positivity. It's about understanding your current capacity.

Time frame: This about the past 2-4 weeks.

Step 1: Grounding (optional)

Before you begin, take one slow breath. Notice your body. There is no right way to complete this.

Step 2: Map Your Current Capacity for Joy

Place each type of joy into the column that best fits *right now*. You may add notes or examples.

Types of Joy	Accessible Now (low effort, feels safe)	Limited/Conditional (possible, but costly)	Unavailable Right Now (draining or unsafe)
Restful Joy (comfort, ease, relief)			
Playful Joy (laughter, silliness, spontaneity)			
Creative Joy (making, imagining, expressing)			
Relational Joy (connection, closeness)			
Somatic Joy (movement, sensory pleasure)			
Purposeful Joy (meaning, contribution, values)			

Step 3. Gentle Reflection

Answer only what feels manageable.

- What do you notice about where most of your joy landed?
 - Are any types of joy unavailable because of **fatigue, lack of time, lack of safety, or past harm**?
 - What feelings come up when you think about joy right now (for example: guilt, grief, longing, neutrality)?
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Step 4: Find the Edge of Capacity

Circle **one** type of joy that feels *almost* accessible or neutral.

That joy is: _____

What might a **10% version** of this look like? (very small, low stakes, optional)

Examples: Sitting in sunlight for one minute - Choosing a song without playing it - Sending a meme instead of starting a conversation

Step 5: Optional Between-Session Noticing

You do not need to make joy happen.

Between now and your next session, simply notice: If a moment of this kind of joy appears - What your body does in response - Whether rest, safety, or relief is needed instead

Closing Reminder

Low access to joy often means your system is tired or protecting you.

This worksheet measures capacity - not effort, worth, or success.