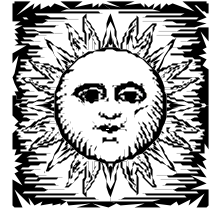
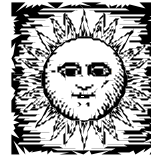


HOW TO THINK AND ACT YOUR WAY OUT OF DEPRESSION



THE PROBLEM

Depression is a vicious circle. It slows you down, mentally and physically. Everything becomes an effort and you tire easily. You do less and then blame yourself for doing less. You come to believe that you can do nothing and that you will never get over your depression. Then you feel even more depressed. It becomes even more difficult to do anything. And on it goes.

OVERCOMING THE PROBLEM

- **Activity scheduling** - Becoming more active is one way of breaking the vicious circle. It has a number of advantages.
 1. **Activity makes you feel better.** At the very least, it takes your mind off your painful feelings. It can give you the sense that you are taking control of your life again, and achieving something worthwhile. You may even find that there are things you enjoy, once you try them.
 2. **Activity makes you feel less tired.** Usually when you are tired you need rest. When you are depressed, the opposite is true. You need to do **more**. Doing nothing will only make you feel more lethargic and exhausted. Doing nothing leaves your mind unoccupied, so you are more likely to brood on your difficulties and to feel even more depressed.
 3. **Activity motivates you to do more.** In depression, motivation works backwards. The more you do, the more you feel like doing.
 4. **Activity improves your ability to think.** Once you get started, problems which you thought you could do nothing about come into perspective.

In spite of these advantages, getting going again is not easy. This is because the gloomy, pessimistic thoughts which are typical of depression stand in your way. When you are depressed, you may think that you are doing nothing, achieving nothing, enjoying nothing. It may be difficult to organise your time productively, or to involve yourself in things you normally enjoy.

- **Changing depressing thoughts.** - When you are faced with something you want to do, you may find yourself thinking: "I won't enjoy it, I'll only make a mess of it", or "It's too difficult". Thoughts like these stop you from taking action and help to keep you in the vicious circle.

Later on in therapy, you will learn how to work directly on depressing thoughts which stop you from getting down to what you want to do. Your goal will be to notice and challenge the thoughts, so that they no longer stand in your way. First of all, though, you need to get a detailed idea of exactly what you **are** doing, and how much pleasure and satisfaction you get from what you do. What you discover will help you to plan your time so as to get the most out of each day's activities. This is called "**activity scheduling**" and you will find details on how to do it below.

There are two steps involved:

- 1. Self-Monitoring**
- 2. Planning Ahead**

STEP 1:

Self-monitoring

"Self monitoring" simply means observing your pattern of activities. It involves keeping a detailed record of what you do, hour by hour. You can do this in a notebook or diary or your therapist will give you a special record-sheet.

Your record will show you in black and white how you are spending your time, and will make you aware of how much satisfaction you get from what you do. This will allow you to test thoughts like "I'm not doing anything" or "I don't enjoy anything I do", and to see if they hold water when compared with the facts. You may well find that you are more active and competent than you assumed, and that you are enjoying yourself more than you thought. Even if this is not the case, you will have a factual record to help you find out more about what is getting in your way and to form a basis for changing how you spend your time.

How To Do It:

For the next few days, in you diary or on your record sheet, write down:

1. **Your activities** - Record exactly what you do, hour by hour.
2. **Pleasure and mastery** - Give each activity a rating between 0 and 10 for pleasure (P) and for mastery (M). E.g.

0 _____ 3 _____ 5 _____ 8 _____ 10
None some fair a lot very much

"P" refers to how much you enjoyed what you did. So "P10" would mean that you had enjoyed something very much. "P0" would mean that you had not enjoyed it at all. You could use any number between 0 and 10 to show how much you had enjoyed a particular activity.

"M" refers to how much mastery you experienced in what you did. How much of an achievement was it, given how you felt? "M10" would mean that what you did was a real achievement. "M0" would mean that it was not an achievement at all. Again, you could use any number between 0 and 10 to show how much mastery was involved in a particular activity.

Common Problems In Self-Mastery

- **Thinking you are doing nothing**

Sitting in a chair in front of the television is an activity. So is going to bed, or staring out of the window brooding. You are never doing 'nothing'. But some activities may be less helpful to you than others. It will help you to identify these if you specify on your record sheet what they are, rather than simply writing 'nothing'.

- **Underestimating your achievements**

'M' should be rated for how difficult an activity is for you **now**, not how difficult it was for you before you got depressed, or how difficult another person might find it. When you are depressed, things which would normally be very easy become difficult. Even getting out of bed, or making a slice of toast, can be a major achievement, given how you feel. Beware of thoughts like 'But I should be able to do this better', or 'So what? Any fool could do this'. This will only keep you trapped in depression's vicious circle. Take a stand against them by making sure that you give yourself credit for what you do.

- **Delaying your ratings**

It is important to rate your activities for P and M **at the time**. If you wait until later, your depression will colour how you see your day, and may well cause you to ignore or devalue good things that you have done. When people are depressed, bad things that happen are easily noticed and remembered. In contrast, good things are often blotted out or discounted. If you make your ratings **at the time**, this bias in how you see things is less likely. Immediate ratings will also help you to become sensitive to even small degrees of pleasure and mastery, which might otherwise go unnoticed.

STEP 2:

Planning ahead

Now that you can see how you are spending your time, the next step is to plan each day in advance, making sure that you include activities which will give you a sense of pleasure and mastery.

Planning ahead will allow you to feel that you are taking control of your life, and will give you a sense of purpose. The framework you give yourself will prevent you from sinking into a swamp of minor decisions ('What shall I do next?'), and will help you to keep going even when you feel bad. Once the day's activities are laid out in writing, they will seem less overwhelming. You will have broken the day down into a series of manageable chunks, rather than a long shapeless stretch of time which you must somehow fill.

How to do it

1. Plan your activities. Every evening, or first thing in the morning, set aside time to plan the day ahead. Find out which time suits you best to do this, remembering that you are likely to be able to plan most realistically and constructively when you are feeling relatively well and clear-headed.

If you find it difficult to remember to make time to plan ahead, give yourself some reminder cues. Put signs around the house, for example, or ask someone to remind you that 7.30 is your time for planning tomorrow. As far as possible, try to ensure that your planning time is not interrupted, and that there are no other pressing demands to distract you. Turn off the television and take the phone off the hook.

Aim for a balance between pleasure and mastery in your day. If you fill your time with duties and chores, and allow no time for enjoyment or relaxation, you may find yourself feeling tired, resentful, and depressed at the end of the day. On the other hand, if you completely ignore things you have to do, you may find your pleasure soured by a sense that nothing has been achieved, and your list of necessary tasks will mount up. You may find it helpful to aim for the pattern of activities you found most rewarding in the past. There is a fair chance that once you get going you will find this pattern works for you again.

Encourage yourself by starting the day with an activity which will give you a sense of mastery or pleasure, and which you have a good chance of completing successfully. This is particularly important if you have trouble getting going in the morning. And plan to reward yourself with a pleasurable or relaxing activity when you tackle something difficult. You might, for example, set aside time to have a cup of coffee and listen to your favourite radio programme when you have spent an hour doing housework. Avoid bed! Beds are for sleeping in, not for retreating to during the day. If you need rest or relaxation, plan to achieve it in some other way.

To begin with, you may find that trying to plan a whole day at a time is too much for you. If so, break the day down into smaller chunks and deal with them one at a time.

2. Record what you actually do Put your plan into practice. Write down how you in fact spend your time, on your record sheet - just as you did at the self-monitoring stage. Rate each activity out of 10 for mastery and pleasure.

3. Review what you have done At the end of each day, review what you have done. Take the time to sit down and examine how you spent your day, how much pleasure and mastery you got from what you did, and how far you managed to carry out the activities you had planned. This will help you to see clearly how you are spending your time, what room there is for improvement, and what changes you might like to make in the pattern of your day.

If you have managed overall to stick to your plan, and have found what you did reasonably satisfying, this gives you something positive to build on. If, on the other hand you did not stick to your plan, or you got little satisfaction from what you did, this will give you valuable information about the kind of things that are preventing you from making the most of your time.

What exactly was the problem ...

- Did you over-estimate what you could do in the time available?
- Did you feel too tired to carry out everything you had planned?
- Did you aim too high, forgetting to take into account how you feel at the moment?
- Did you spend your day doing things that you felt you **ought** to do, rather than things that would give you pleasure and help you to relax?
- Were your best efforts blocked by pessimistic thoughts?

If you can find out what went wrong, you can learn from these experiences. Use what you have found out to help you plan in future.

COPING WITH PRACTICAL TASKS

Depression often leads people to put off practical tasks they need to carry out. The pile mounts, and in the end they feel completely overwhelmed. You can help yourself to get started on things you need to do by following these steps:

1. **Make a list of all the things you have been putting off** in whatever order they occur to you.
2. **Number the tasks in order of priority** Which needs to be done first? If you cannot decide or it genuinely does not matter, number them in alphabetical order. The important thing at this stage is to **do something**.
3. **Take the first task and break it down into small steps** What exactly do you have to do in order to complete it?
4. **Rehearse the task mentally, step by step** Write down any practical difficulties you may encounter and work out what to do about them.
5. **Write down any negative thoughts** that come to you about doing the task, and answer them if you can (see below.) If you cannot find answers, simply note the thoughts down (recognising them for what they are.) **PUT THEM TO ONE SIDE FOR LATER DISCUSSION WITH YOUR THERAPIST AND CONCENTRATE ON WHAT YOU ARE DOING.**
6. **Take the task step by step**, dealing with difficulties and negative thoughts as they occur, just as you did in your mental rehearsal.
7. **Write down what you have done** on your activity schedule and rate it out of 10 for P and M as soon as you have completed the task.
8. **Focus on what you have achieved** not on all the other things you still have to do. Watch out for negative thoughts that will make you devalue or discount what you have done. Write these thoughts down, and answer them if you can. If not, note them and put them to one side for later discussion with your therapist.
9. **Take the next task** and tackle it the same way.

Common Problems With Planning Ahead

- **Not being able to get going.** If you have difficulty getting down to a particular activity, tell your body in detail what to do. "Get on with it" is too vague - Try "Legs, walk. Hands pick up the pen. Now write." This will give you the impetus to begin. As soon as you have told yourself what to do, do it. Do not allow any pause for doubts to creep in.
- **Being too rigid** Your plan is a guide, not a god. It is not carved on stone tablets. It is there to help you, not to rule your life. So, for example, something unexpected may happen to throw you off schedule. A friend drops in unexpectedly or the washing-machine breaks down. At this point, you may feel that your efforts to plan your day have been wasted and unless you can stick to what you have planned - you might just as well not bother.

There are a number of things you can do to cope with the unexpected:

- **Accept the disruption.** Accept that things have not worked out the way you thought they would, and continue with your original plan when you can. Your friend leaves at 4 o'clock. What did you have scheduled for that time?
- **Think of alternatives.** Some of the activities you have planned may depend on factors beyond your control, such as the weather or other people's health. Suppose, for example, you plan a picnic. Have something up your sleeve in case it rains. Or suppose you have planned to spend the weekend with an old friend and at the last minute she comes down with flu, look for an alternative that you will enjoy, rather than giving up and doing nothing in particular.
- **Do not try to make up things you have missed.** If for some reason you cannot do what you had planned at a particular time (you wanted to clean the bedroom and ended up talking to your son about his holiday plans), do not go back and try to do it later. Move on to the next activity on your plan and re-schedule what you missed for the next day. Similarly, if you find that you finish an activity sooner than planned, leave your next activity until the time you had scheduled. Fill the gap with something you enjoy. You may find it useful to have a list of pleasurable activities handy so that you have something to choose from. (See separate handout "Pleasant activities which affect mood for the whole day" for a suggested list.)

- **Being too specific or too general.** You need not write down what you intend to do in nit-picking detail.. Listing every piece of furniture and ornament you have to dust is too specific. Equally, do not be too general. "Housework" for example is too general for you to feel clear about what it is that you are aiming to do. So you will not know when you have achieved your goal. Schedule your activities roughly by the hour or half-hour. Experience will tell you how long each activity is likely to take.
- **Planning for quality not quantity.** Write down the amount of time you are going to spend on a particular activity not how much you are going to do in that time. When the time is up, stop. How much you do in a given period may depend on factors outside your control (e.g. interruptions, machines breaking down etc.) or on other problems (e.g. concentration difficulties, fatigue.) If you tell yourself you **must** weed the whole garden this afternoon and you do not do it, you will probably think of yourself as a failure and give yourself no credit for what you **have** done. If on the other hand you set yourself to weed for an hour, then how much you do is neither here nor there. Reward the effort, not the outcome.
- **Expecting miracles.** Your immediate goal is to carry out what you have planned as best you can, not to get over your depression. You will probably feel less depressed when you are doing some things than when you are doing others. And if you work steadily at becoming more active, you will eventually feel better. But no single thing you do is likely to produce a miracle cure. Don't expect to be over your depression after an hour's television or cleaning out the cupboard under the stairs. If you do, you will only disappoint yourself.
- **Stopping when the going gets tough.** Quit an activity when you are winning, not when you have exhausted yourself, or when things are going badly. This will leave you feeling good about what you have achieved and ready to carry on.

Thoughts That Stop You Activating Yourself

We have already discussed how pessimistic, gloomy thinking can get in the way of your attempts to activate yourself, and trap you in the vicious circle of depression. The most powerful way to overcome your depression is to identify your depressing thoughts when they occur, and to challenge them. You will learn how to do this later in therapy. In the meantime, monitoring what you do and planning ahead will give you a good opportunity to start becoming more aware of depressing thoughts that block progress and get in your way.

In the last section of this handout, you will find some examples of the kind of thoughts that may be preventing you from becoming more active, together with some possible answers to them. These are not the **right** answers, nor the **only** answers. They are just some suggestions. The answer which works for you personally may be quite different. With practice you will learn to find effective answers, which change how you feel and help you to tackle your difficulties constructively, for yourself.

Automatic thoughts: **I can't do anything. There are too many practical difficulties....**

- Possible answers: There are always practical difficulties involved in doing anything - it's part of life. What would I do about them if I wasn't depressed? Is there anyone who could give me advice with things I don't know how to handle?

Automatic thoughts: **I can't keep a schedule - I've never been a record-keeper...**

- Possible answers: Keeping written records is a skill that I can learn. I may not have done this before, but that doesn't mean to say I can't do it. After all, I've used lists before, for shopping and to remember what to take on holiday. I could start by listing all the things I have to do.

Automatic thoughts: **There's too much to do - I won't be able to cope...**

- Possible answers: Believing that is all part of depression. It may not be true. If I write down what I need to do, it won't seem so overwhelming. I don't have to do it all at once. I can take things one at a time.

Automatic thoughts: **It's too difficult...**

- Possible answers: It only seems difficult because I'm depressed. I've done more difficult things than this in the past.

Automatic thought: **I won't know how to go about it...**

- Possible answer: The idea is to have a go, not to produce a perfect performance. It's better to try and find out how I do than not to do anything at all.

Automatic thought: **I don't want to ...**

- Possible answer: That's true, but whether I want to or not, what is in my best interest? Which will make me feel better and more in control of things? Doing it or not doing it?

Automatic thoughts: **I'm not up to it just now. I'll wait till I'm feeling better...**

- Possible answer: I won't know if I'm up to it until I try. If I wait til I'm feeling better, I'll never do it. Doing it will make me feel better.

Automatic thoughts: **It's too late, I should have done it before...**

- Possible answer: Maybe it would have been better if I'd done it before. But the fact is I didn't. Feeling guilty is not going to help me. Better late than never -do it now instead of wasting time in regrets.

Automatic thoughts: **I can't decide what to do first...**

- Possible answers: It really doesn't matter. The important thing at this stage is to do **something**. Take the thing that comes first in the alphabet. Once you get going it will probably be clearer what to do next. If not, just go on down the alphabet.

Automatic thought: **There's no point in trying. I'll only make a mess of it and feel worse...**

- Possible answers: I don't know that until I try. Nobody's asking for a five-star performance. Even if I do make a mess of it, it's not the end of the world - I can learn from my mistakes if I don't take them too seriously.

Automatic thought: **I won't enjoy it...**

- Possible answer: How do I know? I'm not a fortune teller. I might enjoy it more than I think, once I get involved in what I'm doing. That has happened before.

Automatic thought: **I won't be able to do everything I've planned...**

- Possible answer: No one does everything they've planned all the time, so there's no need to feel badly about it. Before I got depressed if I didn't get everything done, I just put it forward to next day. Do what you can, and forget what you can't. The world won't end because I don't clean out the attic today.

Automatic thought: **I'm not doing anything...**

- Possible answer: Am I sure of that? Or is it that I'm not giving myself credit for what I do? Why not keep a record for a few days and see. Maybe I just think I'm not doing anything.

Automatic thought: **I don't do anything worthwhile...**

- Possible answers: I didn't see it that way before I got depressed. I was doing much the same then as I am now, but I could see that it was worthwhile, even though none of it was very dramatic or exciting. If I discount everything I do, I will only get discouraged.

Automatic thought: **I don't deserve to enjoy myself. I should get on with all the things I've got to do...**

- Possible answer: Doing things I enjoy will help me to feel better. That's what I want. Also, if I'm more relaxed and feeling better I'm likely to do what I've got to do more efficiently, instead of getting in a muddle and dashing from one thing to another. I know that from experience; I get more done when I give myself breaks than when I plough on non-stop.

Think of examples of your own negative thinking and look at the effect they have on how you feel and what you do. Make negative thinking your main focus - in doing so you will learn to recognise when you are thinking negatively, to look for more positive and realistic ways of viewing your experiences and to test these out in action.

At first you may not find it easy to catch and answer your thoughts. Answering negative thoughts is like any other skill - it takes time and regular practice to be able to do it with ease. So try not to feel discouraged if you have difficulties to start with. At first it will seem awkward and somewhat mechanical or “put on”. After a while though, identifying and answering your thoughts becomes more natural.

STEP 1: Becoming Aware Of Negative Thoughts

The first step in overcoming negative thinking is to become aware of your thoughts, and of their effect on you.

- Negative thoughts make you feel bad - anxious, sad, depressed, hopeless, guilty, angry. Instead of being overwhelmed by these feelings, you can learn to use them as a cue for action.
- Notice when your mood changes for the worse, and look back at what was running through your mind at that moment. Over the course of a few days, you will become more sensitive to changes in your feelings and to the thoughts that spark them off. You may well find that the same thoughts occur again and again.

How To Do It.

The best way to become aware of negative thoughts is to write them down as soon as they occur. You can do this on a **Dysfunctional Thoughts Record** (your therapist will provide one)

1. **The date**

2. **The emotion(s)** you felt. Give each one a rating out of 100 for how bad it was.

A rating of 0 for example would mean no emotion; 50 a moderate degree of emotion and 100 an emotion as strong as it could be. You could score anywhere between 0 and 100.

3. **The situation** What you were doing when you started to feel bad? This includes, in general terms, what you were thinking about at the time. Only put down the general topic here (e.g. thinking about how difficult life is.) What precisely was going through your mind should go in the next column.

4. **The automatic thought(s)** What thoughts were running through your mind at the time you started to feel bad? Try to record them as accurately as possible, word for word. Some of your thoughts may take the form of images in you mind's eye, rather than words. You might for example, imagine yourself being unable to cope with a situation in the future. Write down exactly what the image was, just as you saw it.

There may be times when you cannot identify any thoughts or images as such. If so, ask yourself what the meaning of the situation is. What does it tell you about yourself, your situation, your future? This may give you a clue as to why the situation is so depressing, or what is making you so anxious, or angry, or whatever.

An argument, for instance, might mean to you that a relationship is at an end, or even that you will never be able to have a proper relationship with anybody.

Once you can identify the meaning, you will be able to challenge it just as you would challenge any other thought.

(Details of how to do this are in Step 2.: Answering Negative Thoughts.)

When you have written down your negative thoughts, images, or meanings, give each one a rating out of 100 according to how far you believe it. A rating of 100 would mean you believed a thought completely, 0 that you did not believe it at all, 50 that you half believed it and so on. You could score anywhere between 0 and 100.

COMMON PROBLEMS IN RECORDING NEGATIVE THOUGHTS

- **Timing:** Ideally, it is best to record your thoughts and feelings immediately they occur. But of course this is not always possible. It would look odd, for example, if you got your record sheets out in the middle of a party or a meeting!

In this case, make a mental note of what has distressed you, or jot down a reminder on any handy piece of paper. Then set aside time in the evening (say, 20 mins) to make a proper written record, Run through an 'action replay' trying to recall in as much detail as possible what happened, how you felt, and what your thoughts were.

- **Avoiding writing down your negative thoughts** Beware of excuses that keep you from focusing on your thoughts and emotions. You may say to yourself, for instance, "I'll do it later", or "It would be better to forget all about it". You may find that you are very unwilling to look your thoughts in the face. Perhaps you are afraid they will overwhelm you, or think that they are stupid. In it quite natural to want to avoid thinking through unpleasant experiences, but doing so is the best way to combat your depression. If you find yourself making excuses, this is probably because you have hit on something important, so make yourself write it down. You can then divert yourself by engaging in a distraction exercise if you want to. **But ignoring the thoughts will not make them go away.**

STEP 2: Answering Negative Thoughts

Once you have learned to become aware of negative thinking, the next step is to evaluate the thoughts you identify and to look for more helpful and realistic alternatives. See the previous sections for ideas on doing this.



These notes should not be used without the help of a qualified mental health professional.

This program by Oxford University psychologist M.J.V. Fennel (1989) with minor adaptations.

Clinician: Other PDF files for attachment accompany this document (depress2.pdf to depress5.pdf).

Pleasant activities which affect mood for the whole day.

Social Interaction

- 1 being with happy people
- 2 having people show interest in what you have said
- 3 being with or phoning friends/spend more time with children or family
- 4 being noticed as sexually attractive
- 5 kissing
- 6 watching people
- 7 having a frank and open conversation
- 8 being told I am loved
- 9 expressing my love to someone
- 10 petting, necking
- 11 being with someone I love
- 12 complimenting or praising someone/giving a small present
- 13 having coffee, tea, a coke and so on with friends/workmates
- 14 being popular at a gathering
- 15 having a lively talk
- 16 listening to the radio
- 17 seeing old friends
- 18 being asked for my help or advice
- 19 amusing people
- 20 having a sexual relationship
- 21 meeting someone new of the same sex

Incompatible with Depression and Anxiety

- 22 laughing/sharing jokes/watching funny films
- 23 being physically relaxed/exercising
- 24 thinking about something good in the future/past achievements or compliments 25
- thinking about people I like
- 26 seeing beautiful scenery
- 27 breathing clean air/uplifting aromas
- 28 having peace and quiet
- 29 sitting in the sun/shade by a stretch of water
- 30 wearing clean clothes
- 31 having spare time
- 32 sleeping soundly at night
- 33 listening to cheerful music and getting in the mood
- 34 smiling at people/sending other positive non-verbal signals
- 35 seeing good things happen to my family or friends
- 36 feeling the presence of the Lord in my life/appreciating a connectedness
with nature
- 37 watching wild animals

Self-Efficacy

- 38 doing a project in my own way
- 39 reading stories, novels, poems or plays
- 40 planning or organising something
- 41 driving skilfully/exercising other physical skills

- 42 saying something clearly
- 43 planning trips or vacations
- 44 learning to do something new
- 45 being complimented or told I have done well
- 46 doing a job well
- 47 meditating - staying in the present moment

Miscellaneous

- 48 eating good meals/going to a restaurant
- 49 engaging in sporting, cultural, artistic or learning activities
- 50 being with animals

Stress / depression levels have been shown to drop measurably and for prolonged periods if you choose and practice a personal list of highly pleasurable activities that you can do every day. Choose ones that you have not done in the past 2 weeks. Avoid activities that cause problems like costing too much time or money. They need to fit in with other people e.g. gardening is good for your health and saves money but may reduce time spent with the family. It makes no difference if you do 2 or 12 extra activities. Add to this list if you wish.

Your choices:

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g:\psychol2.fmc\stress \pleasant.doc
g:\psychol2.fmc\depressn \depress1.doc

Weekly Activity Schedule – Example

NAME - ..Mrs R.....

WEEK BEGINNING - ...23/9.....

	<i>M</i>	<i>T</i>	<i>W</i>	<i>T</i>	<i>F</i>	<i>S</i>	<i>S</i>
9-10	Asleep	Got up, had tea (P2,M5)	Got up, had tea (P2,M5)	Asleep	Asleep	Asleep	Asleep Got up (P0,M4)
10-11	Got up, had tea (P2,M4)	Washing up Radio (P1,M4)	Back to bed (P0,M0)	Got up, had tea (P3,M4)	Got up, had tea (P2,M6) Fed cats (P1,M2)	Asleep	Listened to radio Had tea (P3,M0)
11-12	Shopping (P3,M3)	Shopping (P1,M3)	Asleep	Went to bank & shops (P3,M6)	Spoke to friend (P5,M2)	Got up, breakfast (P2,M4)	Read paper (P3,M3)
12-1	Looking for lost cat (P0,M10)	Washing (P0,M4)	Asleep	Listened to radio (P2,M0)	Drove to meet friend for lunch (P1,M6)	Listened to radio (P4,M0)	Phoned friend about job (P5,M5)
1-2	Sat in garden (P0,M0)	Listened to radio (P1,M0)	Got up Lunch (P2,M5)	Drove to friend's house (P1,M5)	Lunch with friend (P5,M2)	Went shopping (P2,M2)	Read paper (P3,M0)
2-3	Listened to radio in garden (P1,M0)	↓	Listened to radio (P1,M0)	Visited friend with new baby (P5,M1)	Visited mother (P4,M1)	↓	Ironing, radio (P3,M1)
3-4	↓	↓	Spoke to friend (P5,M1)	↓	↓	Read paper (P1,M3)	Talked to sister (P8,M0)
4-5	Fed cats (P1,M0)	Asleep	Watched TV (P1,M0)	↓	Argument (P0,M6)		Shopping with sister (P5,M4)
5-6	Listened to radio (P1,M0)	Took cat to vet (P0,M6)	↓	↓	Haircut (P5,M4)	Cleaned silver (P1,M5)	Talked to sister (P5,M2)
6-7	Watched TV (P1,M0)	Got supper (P1,M4)	Went to cinema & had	Drove home (P2,M5)	Drove to flat Supper (P2,M3)	Got supper (P2,M3)	Got supper (P3,M4)
7-8			dinner with friends (P2,M6)				

Weekly Activity Schedule -

NAME -

WEEK BEGINNING -

	<i>M</i>	<i>T</i>	<i>W</i>	<i>T</i>	<i>F</i>	<i>S</i>	<i>S</i>
9-10							
10-11							
11-12							
12-1							
1-2							
2-3							
-4							
4-5							
5-6							
6-7							
7-8							

DATE	EMOTION(S) What do you feel? How bad was it (0-10)?	SITUATION What were you thinking about?	AUTOMATIC THOUGHTS What exactly were your thoughts? How far did you believe each of them? (0-100%)	RATIONAL RESPONSE What are your rational answers to the automatic thoughts? How far do you believe each of them? (0- 100%)	OUTCOME 1. How far do you now believe the thoughts? (1-100%) 2. How do you feel (0-100)? 3. What can you do now?