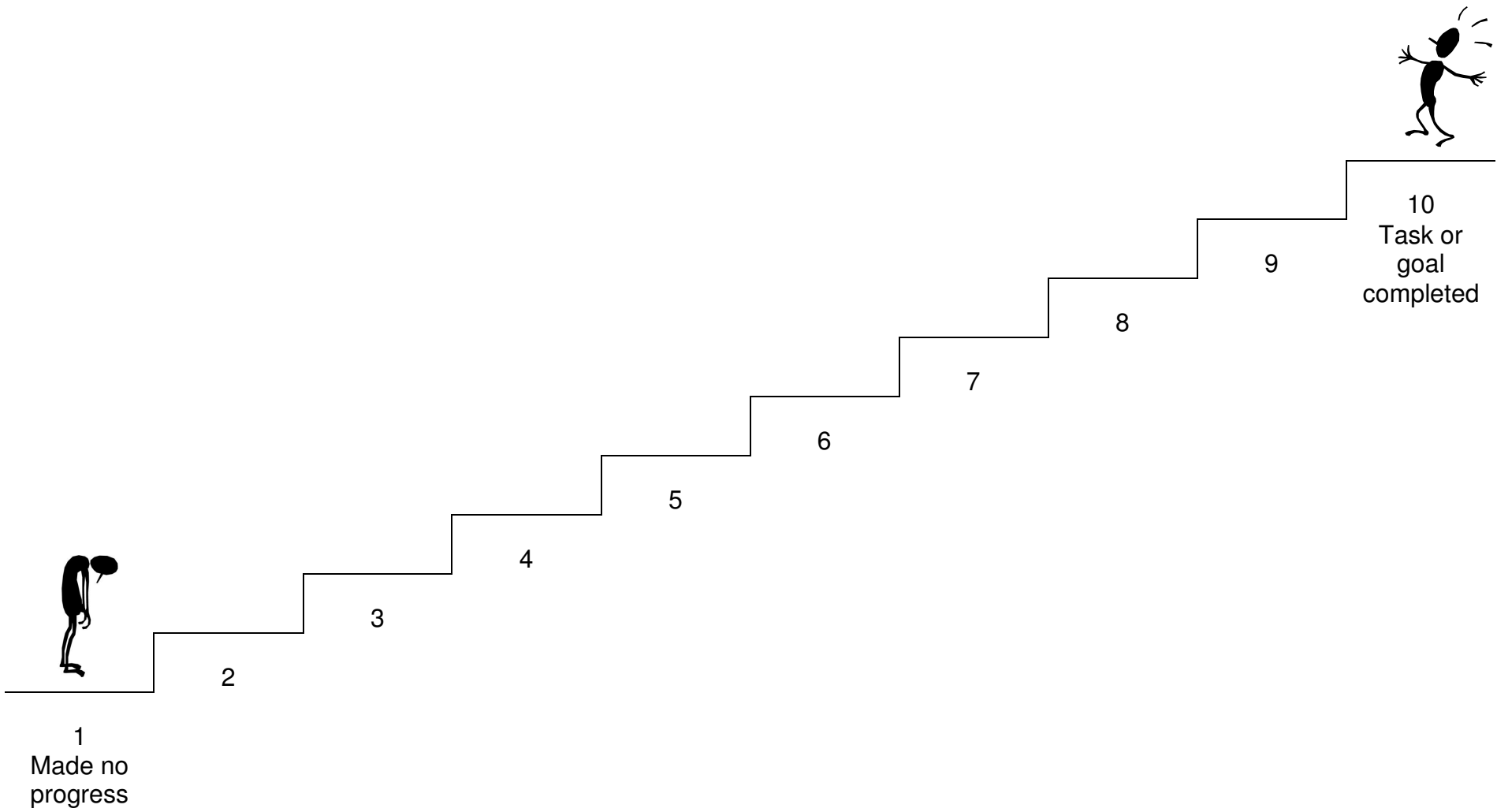


Spare worksheets

Mood and Activity Chart

	Date:	Date:	Date:	Date:
Time of day				
What was happening: who, where, what doing?				
What emotion I felt (rating out of 100)				
How I responded to feeling that way: what went through my mind, what did I do?				
What was the outcome of responding this way: how did I feel afterwards, did my situation change?				

Goals: one step at a time



Activity Schedule: 5 activities

	Day:	Day:	Day:	Day:	Day:
Planned activity					
Time of day to do activity					
Consequences of doing the activity – what changed: thoughts, actions, feelings, impact on others etc?					

Activity Schedule: week

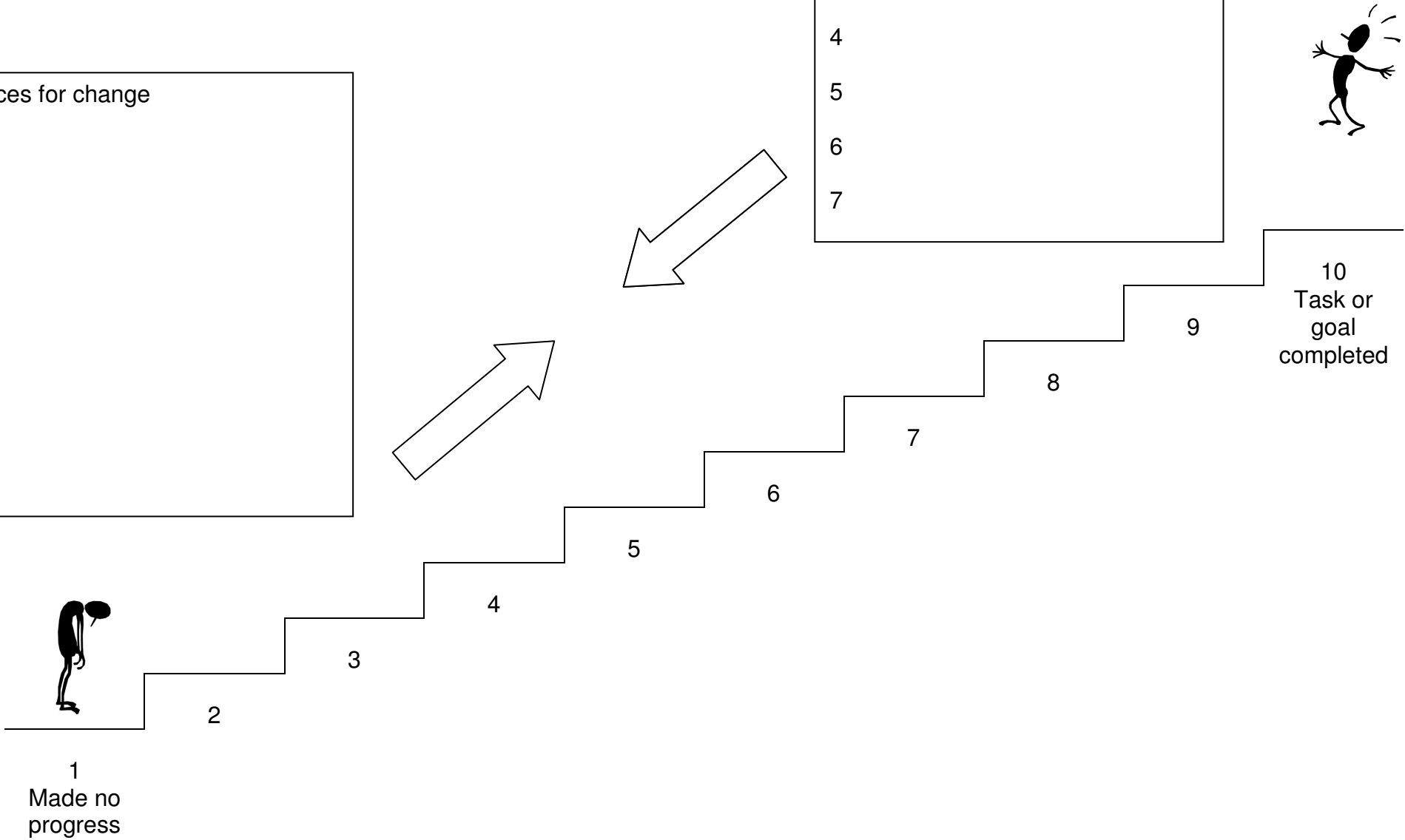
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning 1							
Morning 2							
Afternoon 1							
Afternoon 2							
Evening							

Force-field analysis

Goal:

Forces for change	
1	
2	
3	
4	
5	
6	
7	

Forces against change	
1	
2	
3	
4	
5	
6	
7	



Progress chart

Progress towards goal	Setbacks	Lessons learned	Next step
Personal care and Home management			
Private leisure			
Social leisure			
Work and study			
Family and relationships			

Rumination diary - blank

Situation	Rumination topic	Alternative Action	Consequence

Fair and realistic thinking: step by step

1) Situation.

2) Feeling at the time - rate how strong the feeling was out of 100, where 100 is the worst that feeling could be.

Feeling: _____ (%) Feeling: _____ (%)

3) What was going through my mind at the time? Write down all the thoughts you can remember.

Hot thought: _____

How strongly did you believe it? (%) _____

4) Write down the evidence for your hot thought:

5) Evidence against the hot thought:

What experiences have I had that show this is not necessarily true?	
What would someone who knows me really well remind me of?	
What small things might I be discounting or overlooking?	

6) Missing information and assumptions:

What would you say to your best friend or a loved one if they were thinking like this?	
Are you using a mental shortcut that's not helpful: remember polarised thinking; fortune telling; mind reading; jumping to conclusions, catastrophising and labelling	

7) Alternative balanced thought or perspective:

8) Write down what you will do:

9) Now ask yourself whether the way you're feeling has changed and re-rate your feelings on reflection.

Feeling: _____ (%) Feeling: _____ (%)

Automatic thought record - taking another look at my thinking

Situation (where was I, what was going on?)

Emotion (what did I feel?)

Thoughts (what went through my mind?)

Circle the hot thought – how strongly do you believe it to be true (out of 100%)

Evidence for
(stick to the facts)

Evidence against
(stick to the facts)

Missing information and assumptions
(what am I assuming?)

Taking into account all the evidence for and against and any assumptions I'm making, what other ways are there of thinking about the situation?

What would be the most helpful thing to do now?

Testing out your expectations by doing an experiment

Thought to be tested:

Experiment	Prediction	Possible problems	Strategies to overcome problems	Outcome of experiment	How well does the outcome support the thought that was tested? (0-100%)

What have I learned from this experiment?

Positive Events Log

	Day:	Day:	Day:	Day:	Day:	Day:	Day:
Thing that went well							
Thing that went well							
Thing that went well							

Moving forward: 4-weekly diary of positive activities

Suggested daily activities. Once a day I will...

Suggested weekly activities. Once a week I will...

Suggested monthly activities. Once a month I will...

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday