

Step 2: Choose two of these activities

Pick two activities that are most practical for you to begin changing now. Your first two choices should be from different areas.

Activity 1:

Activity 2:

Step 3: Set realistic goals

Try setting some targets that would be realistic for you to do this week. Decide how often or for how long you will do the activity, and when you will do it.

Now write your goals:

Activity	How often?	When exactly?
1.		
2.		

Step 4 Carry out your activities

It's important to realize that you probably won't feel like doing your planned activities. In depression, your motivation to do things is much less than usual. But if you wait until you feel like it, it's likely it won't happen. Do the activity because you set a goal for yourself and because it will help you get better. After you've done and checked off each activity, you will see what you've accomplished.

Step 5: Review your goals

After two weeks of doing these goals, review the situation.

- Do you want to increase the activities slightly or keep doing them at the same level until it feels more comfortable? It's your choice.
- This is a good time to add another activity. Pick one from another area. For example, if you had Self-Care and Personally Rewarding Activities before, choose one from Involvement with Family & Friends or from Small Duties.

Activity	How often?	When exactly?
3.		

- Decide on your 3 activities.
- Write them in your schedule.
- Check off each activity as you do it.
- Praise yourself each time.
- Review the activities every two weeks to decide if they need changing and whether you are ready to add a new activity.

Eventually, you'll be working on 3-4 activities at a time or maybe more. Don't get carried away, though: having too many activities can get overwhelming.

Weekly activity schedule: plan a balance of activities over the coming week including self care, small duties, involvement with family and friends, and personally rewarding activities. So that you can learn more about the link between what you do and how you feel we suggest you record your mood next to each activity, scoring from 0-10, where 10 is the worst you could feel and 0 is not feeling at all down or depressed.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							

Rumination diary: adapted from Addis and Martell: Overcoming Depression One step at a Time, 2004

Remember, ruminating is what we call it when we find ourselves chewing over a painful old situation (e.g. past disappointment, hurt or rejection) in a way that ends up making us feel worse.

Try to use the 2 minute rule: after you have caught yourself ruminating for at least two minutes, ask yourself:

- 1) What progress has rumination helped me make (if any) towards solving a problem?
- 2) What do I now understand about a problem (or my feelings about it) as a result of ruminating that I haven't understood before?
- 3) How has ruminating affected my mood – do I feel more or less self-critical, depressed, helpless or hopeless now?

If you decide that ruminating is unhelpful then do something active to distract yourself, or make a plan to deal with an underlying problem, then fill in your diary to record how your activity affected your mood

Day/time	Situation	What I was ruminating about	How it made me feel	What I did instead

Thought diary

Situation:	Feeling/emotion:
Thoughts (circle the hot thought):	
Evidence for	Evidence against
Fair and realistic alternative thought:	
How do I feel now?	What have I learned?

Thought diary help sheet

A way to help you take a step back from thoughts that make you feel worse

- 1) Situation: record anything relevant about the situation that acted as a trigger for you to feel bad (or worse) – describe the event as factually and neutrally as you can e.g. 1030am, Saturday morning, seeing my friend cross the road and not stop to talk to me.
- 2) Emotion: write down how you felt at that moment. It's easy to get thoughts and feelings mixed up so remember, feelings are usually described in one word: e.g. sad, nervous, angry, frustrated, ashamed, jealous, glad, surprised, disappointed, miserable etc.
- 3) Thoughts:
 - a) Try to remember all the thoughts and images that went through your mind at the time – try not to spill over into more general thoughts about yourself or your life but stick to what **that event** seemed to mean to you at **that moment**: e.g. “she doesn't want to talk to me, she doesn't think I have anything to say, she'd rather avoid me, she can't be bothered with me anymore, she must think I'm really boring” (rather than, for example, “I'm a failure, I'm useless”)
 - b) Pick out the most upsetting or painful thought you had about that specific situation that made you feel particularly bad. Circle it – we call this the “hot thought”
- 4) Evidence for: concentrating only on the hot thought make a list of all the **hard facts** (not opinions) about the situation that you think make the hot thought likely to be true
- 5) Evidence against: make a list of all the **hard facts** that you might have been overlooking that contradict the hot thought. For example, ask yourself:
 - whether your conclusion is fair, logical and realistic,
 - whether it necessarily means what you think it means,
 - whether it is always true (for example whether there have ever been exceptions) and
 - whether you'd have come to the same conclusion if a friend were describing the same situation if it had happened to them.
- 6) Fair and realistic alternative: weighing up the evidence for and against the hot thought, just as a jury has to weigh up the evidence from the prosecution and defence lawyers, write down a fair and realistic way of thinking about the situation you described that takes account of all the evidence.
- 7) Re-evaluate how you feel now. Ask yourself: what have I learned?

Relaxation diary: record your daily relaxation practice and its effect on your level of tension. Before you start write down your level of tension out of 10, where 10 is as stressed and tense as you could possibly be and 0 is no tension at all. When you have finished the relaxation exercise write down your level of tension again.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Relaxation 1: tension before							
Relaxation 1: tension after							
Relaxation 2: tension before							
Relaxation 2: tension after							

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Relaxation 1: tension before							
Relaxation 1: tension after							
Relaxation 2: tension before							
Relaxation 2: tension after							

Sleep diary

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Time I went to bed and turned out the light							
Time to fall asleep (estimated)							
Number of times I woke in the night and how long I was awake							
Time I woke up							
Time I got out of bed							
How sound: 1-10 (10 is I slept deeply)							
How rested I felt: 1-10 (10 is fully rested)							
Comments/reasons for a good or bad night's sleep							

Worry questions

What are you worrying about?
What is it about it that concerns you?
What is the very worst that could happen? What makes that so awful?
What is the realistic likelihood of it occurring? How much would you bet on it?
Make a specific prediction (worry hates specifics) How confident are you (out of 10)? How anxious does that make you feel (out of 10)?
If your prediction came true, what could you do to deal with it? How would it look in 5 years?
Who could you turn to for help? How would they help you?
Is there anything you could or should do about your concern?
If yes, when should you do it?

Experiment: to test out your fears and to overcome avoidance (adapted from Christine Padesky)

Specify what you've been avoiding (e.g. a situation, behaviour, conversation, person)

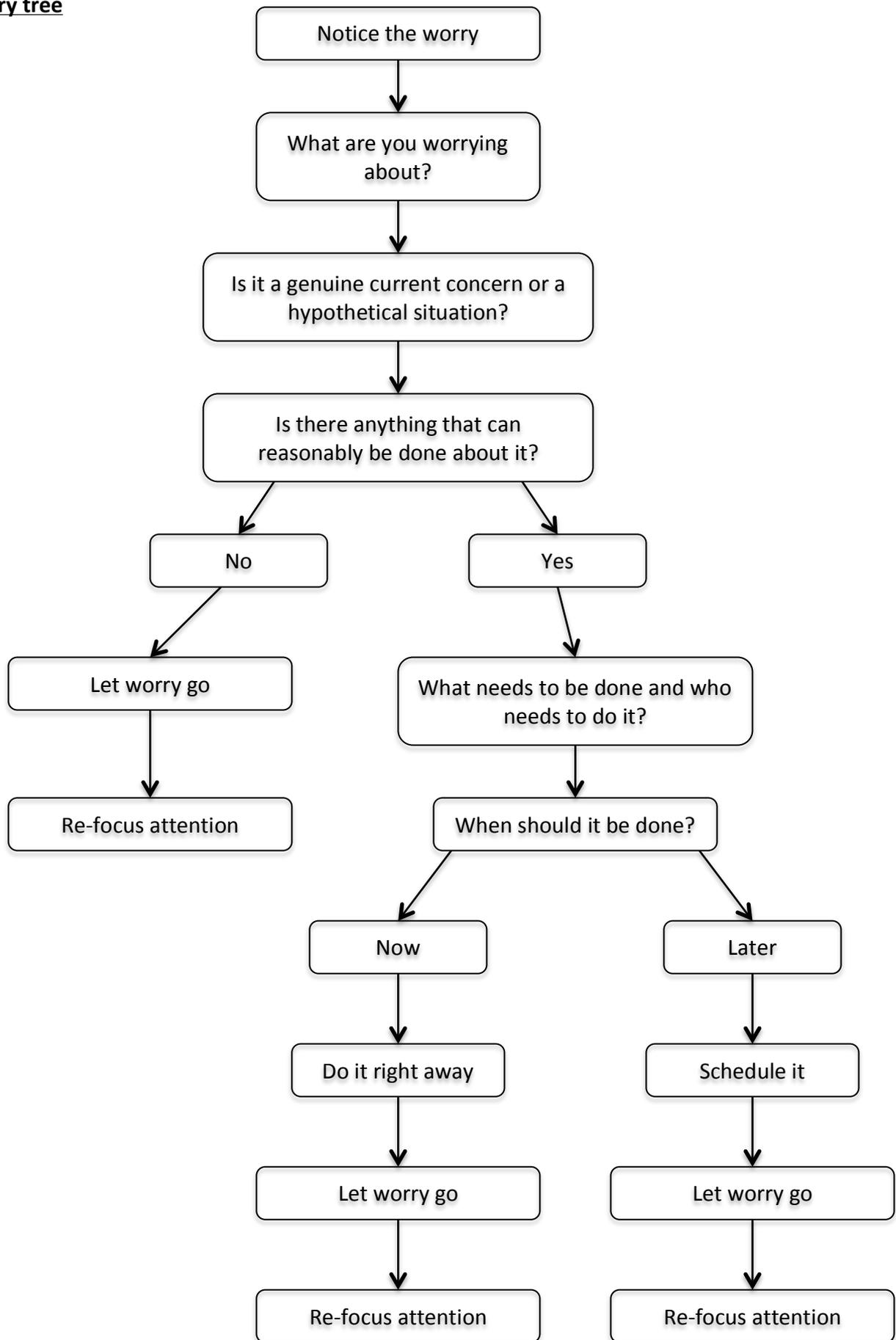
Feeling (rate 0-10)

1) Predict: what bad things might happen if you did this?	2) Prepare coping responses. What could you do when this happens?
a)	a)
b)	b)
c)	c)
d)	d)
e)	e)

Hint: to find out your worst-case scenario when you don't know what it is, ask what mental pictures come to mind when you try to imagine it.

3) Practice your responses over and over (e.g. in your imagination, aloud when alone, role-playing with friends). List when, where, how, and with whom you will practice. Set a target date to put into effect your practice.	When: Where: How: With whom: Target date:
4) Reflect: what have you learned?	

Worry tree



Worry Log

What am I worrying about?	What is it about it that gives me cause to worry?	Make a specific prediction as to what you think will happen	Anxiety level (0-10)	Confidence in accuracy of prediction (0-10)	Actual outcome	Anxiety level now (0-10)