

EXERCISE: **Learning from My Activity Record**

Now that you have charted your moods and activities for one week, analyze your Activity Record to look for patterns. Worksheet 13.5 lists some questions that will help you learn from your Activity Record.

WORKSHEET 13.5. Learning from My Activity Record

1. Did my mood change during the week? If so, how? What patterns do I notice?
2. Did my activities affect my mood? If so, how?
3. What was I doing when I felt better? Are these activities in my best long-term interest? What other activities could I do that might also make me feel better?
4. What was I doing when I felt worse? Are these activities in my best interest? If so, is there a way I could do them that would help me feel better while I was doing them?
5. Were there certain times of the day (e.g., mornings) or week (e.g., weekends) when I felt worse?
6. Can I think of anything I could do to feel better during these times?
7. Were there certain times of the day or week when I felt better? Can I learn anything helpful from this?
8. Looking at my answers to these questions, what activities can I plan in the coming week to increase the chances that I will feel better this week? Over the next few weeks?