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?