










Here's a list of different types of activities you might find helpful to add:

What will help?

<p>Breathe</p> 	<p>Walk</p> 	<p>Exercise</p> 	<p>Talk</p>   <p>&amp; self-talk, e.g. "it will pass"</p>
<p>Relax</p> 	<p>Friends</p> 	<p>Focus of attention</p> 	<p>Music</p> 

List of things I want to do this week:

**Schedule a time do each activity.**

0	1	2	3	4	5	6	7	8
None	Minimal	Slight	Mild	Moderate	A lot	Higher	Very high	Extreme

Activity (location, date, time)		Depression	Pleasure	Achievement
	Before			
	After			
	Before			
	After			
	Before			
	After			
	Before			
	After			

**What activities did you find that you enjoyed the most?**

**What did you learn from the experiment?**