

Finding out what we value



The valuable activities worksheet helps you notice what type of feelings, thoughts and behavior you want to do more of and that you want to do less of.

It might be helpful to think of thoughts and feelings as inner behavior and the things you do as outer behaviour.

Here are some things that we might do too much of when we are feeling depressed:

- Lying in bed
- Sleeping
- Resting
- Ruminating (having negative thoughts)
- Crying
- Feeling anxious
- Be alone
- Use social media
- Play computer games
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Here are things that we might do too little of when we are feeling depressed:

- Being active
- Meeting people
- Laughing
- Being creative
- Going outside
- Be in the sun
- Talk to people
- Read books

Valuable activities

1. Start by writing down the thoughts and feelings and behaviours you are doing right now. Check the example for help. Add them in the **green** section if they are things you want to do more of. Add them to the **red** section if there are things that you want to do less of.
2. Add behaviours, feelings and thoughts to the **green** section that you want to experience more of.
3. Look into the section for outer behaviour you want to do more of. This section is the key to getting started with behaviours that will make you feel good again.

Example

Thoughts and feelings	Behaviour
+	+
<p>Feelings Happiness, joy, contentment, pride</p> <p>Thoughts I'm a productive person, I have value, People love me, I like myself</p>	<p>Behaviour Be in the sun, Be creative, Going outside, talking to people, reading books. Meeting people Laughing Reconnecting with old friends Playing a musical instrument Singing Messaging friends</p>
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<p>Feelings Sadness Anxiety Tired</p> <p>Thoughts I'm worthless Nobody likes me Nothing will work I will never feel better</p>	<p>Behaviour Crying Feeling Anxious Sleeping Using social media Resting Lying in bed Being alone Ruminating</p>

What things are behaviour that I can get started with right now?

Be in the sun, Be creative, Going outside, talking to people, reading books.

Going outside

Meeting people

Laughing

Reconnecting with old friends

Playing a musical instrument

Singing

Messaging friends

Valuable activities

Thoughts and feelings	Behaviour
+	+
Feelings Thoughts	Behaviour
-	-
Feelings	Behaviour

Thoughts	
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What things are behaviour that I can get started with right now?

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