



Activity Diary

Write briefly in each box: **What you did** (brief description), one word that describes your **mood**, and rate the intensity of your mood on a scale of 0-100%, your sense of Achievement for the activity on a scale of 0-10 (A 0 – 10), your sense of Closeness to others (C 0 – 10), and sense of Enjoyment (E 0 – 10). An activity may be sitting down, or lying-in bed, not only washing dishes, walking, etc.

(Write in each box) Example: Watching TV with son, Sad 60%, A0, C7, E4

Day ► Time ▼							
6 – 8am							
8 – 10am							
10am – 12 noon							
12 – 2pm							
2 – 4pm							
4 – 6pm							
6 – 8pm							
8 – 10pm							
10pm – 12mn							

After completing the diary, you might notice patterns in your mood variations, and how particular activities affect your mood. You will be able to plan a more health range of activities which gives you a sense of Achievement, Closeness and Enjoyment (using another blank form)



Challenging Unhelpful Thoughts

Tasking a particular unhelpful thought, see if you can test it.
Ask questions to test whether your belief has any real basis

Unhelpful Thought:



Challenges:

Is there any evidence that contradicts this thought?

Can you identify any patterns of unhelpful thinking?

What would you say to a friend who had this thought in a similar situation?

What are the cost and benefits of thinking in this way?

Benefits:

Costs:

How will you feel about this in 6 months' time?

Is there another way of looking at the situation?



Balanced Thought:



Cognitive Distortion	Meaning	Examples
All-Or-Nothing Thinker	Things are seen in "black" or "white" or are seen in absolutes, such as "never" and "always"	"I will always fail my school exams." "I will never find someone who will love me."
Overgeneralisation	Drawing conclusions from one experience to encompass all experiences	"The interview went great, but they didn't call me back. I'll never get a job!"
Mental Filters	Picking out a single event and dwelling on it, often with inaccurate perceptions	"I gave an oral presentation in front of an audience, but a couple left early. My presentation must have been awful."
Labelling	Putting a label on yourself as if they are facts, negatively impacting your self-worth	"I am so fat and lazy!" "I'm stupid."
Should Statements	How you think you "should" be, which creates anxiety due to judgemental expectations	"I should be married by now. All my peers are." "I should lose 5 kilos"
Fortune Telling	Thinking that you can predict the future	"He's not going to enjoy our date." "I'm going to fail."
Magnification/Minimization	Blowing things out of proportion or denying that there is an issue when there actually is	"I ruined my presentation by mispronouncing a word." "I didn't complete a major project in time, but it's no big deal"
Personalising	Thinking things are about you when they are just observations or interpretations	"He answered his phone on our date. I must have done something wrong because he left the date early."
Emotional Reasoning	Jumping to conclusions using your emotions to guide your interpretations	"I feel guilty, so I must have done something bad."
The Comparison Game	Comparing your circumstances to others' circumstances, feeling a need to "keep up" with others	"She finished her Master's Degree before age 28. I'm 30 and am still at uni. Something is wrong with me."



A list of emotions:

Go beyond the obvious to identify exactly what you're feeling

Angry	Sad	Anxious	Hurt	Embarrassed	Happy
Grumpy	Disappointed	Afraid	Jealous	Isolated	Thankful
Frustrated	Mournful	Stressed	Betrayed	Self-Conscious	Trusting
Annoyed	Regretful	Vulnerable	Isolated	Lonely	Comfortable
Defensive	Depressed	Confused	Shocked	Inferior	Content
Spiteful	Paralysed	Bewildered	Deprived	Guilty	Excited
Impatient	Pessimistic	Sceptical	Victimised	Ashamed	Relaxed
Disgusted	Tearful	Worried	Aggrieved	Repugnant	Relieved
Offended	Dismayed	Cautious	Tormented	Pathetic	Elated
Irritated	Disillusioned	Nervous	Abandoned	Confused	Confident



A	B	C
<p>Activating/triggering event situation (trigger may also be a feeling)</p>	<p>Beliefs</p>	<p>Consequences</p>
<ul style="list-style-type: none"> • What was happening just before I started to feel this way? <i>What was I doing? Who was I with? Where was I? When was it?</i> 	<ul style="list-style-type: none"> • Thoughts and/or images <i>What was going through my mind at that time?</i> • Meanings and Interpretations <i>What did this say or mean about me? What was the worst thing that could happen?</i> 	<ul style="list-style-type: none"> • Emotions <i>Describe as in one word/s & rate of intensity 0-100%</i> • Physical sensations <i>What did I feel in my body?</i> • Behaviours: actions & urges <i>What did I do? What did I feel like doing?</i>