Exercise: Activity Diary

Goal:

You will learn to recognize which things improve your mood and which, in turn, make it worse. You will make small behavioral changes that improve how you feel.

Instructions:

First, observe for a week what you do during the days and what kind of mood is associated with these activities. Then plan and do things that could improve your sense of control over everyday life and your mood. Continue filling in the activity diary until you notice that your well-being has improved.

Example:

"When my alarm clock goes off, I get up and do not stay lying in bed."

Diary:

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
7-8							
8-9							
9-10							
10-11							
11-12							

12-13							
13-14							
14-15							
15-16							
16-17							
17-18							
18-19							
19-20							
20-21							
21-22							
22-23							
23-24							