

Your answers to Worksheet 13.5 can help you identify activities you might need to change in order to feel better. Refer to Ben's Activity Record (Figure 13.2, pp. 202–203), and see how he answered the questions on Worksheet 13.5 (Figure 13.3 on the next page).

### **EXERCISE: Learning from My Activity Record**

Now that you have charted your moods and activities for one week, analyze your Activity Record to look for patterns. Worksheet 13.5 lists some questions that will help you learn from your Activity Record.

### **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?

1. Did my mood change during the week? If so, how? What patterns do I notice?

*Yes, my mood changed. Once I get down, it seems to last for hours. Some days were not so bad.*

2. Did my activities affect my mood? If so, how?

*Yes. On busy days I usually felt a little better. When I'm with people I care about, like my wife, children, and grandchildren, I usually feel better. When I'm alone and just sitting around, I tend to dwell on things and feel worse.*

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?

*Doing things with Sylvie – she is a happy person and she means so much to me. Fixing the door – I felt useful. Serving breakfast at church is enjoyable because I talk to people and get a chance to help out. Yes. Spend time with grandchildren. Play more golf. Volunteer more time with church activities. Take Sylvie out to dinner.*

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?

*Sitting in my chair thinking – worried about our money running out.*

*Phone call from Bob on Thursday – my granddaughter Nicole broke her arm.*

*Yes, in my best interest – it is necessary to deal with difficult situations or figure out what to do. Maybe rather than just worrying, I could talk it over with Sylvie and decide how to handle it.*

5. Were there certain times of the day (e.g., mornings) or week (e.g., weekends) when I felt worse?

*Felt worse in the mornings until I got going.*

*Felt worse early in the week.*

6. Can I think of anything I could do to feel better during these times?

*I guess it helps when I shower, get dressed. Walking seems to help, although I don't feel like it when I'm down. Getting out of the house helps on bad days. Being around or helping other people tends to lift my mood.*

7. Were there certain times of the day or week I felt better? Can I learn anything helpful from this?

*Generally, later in the day I felt better. This week I felt better on Friday, Saturday, and Sunday. This shows me that my worst moods don't last forever. I tend to be around people more on the weekends, which helps. Maybe I can figure out some ways to see more people during the week.*

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?

*Fix up things around the house. Plan more activities – especially things that involve people I care about.*

*Visit my grandchildren. Walk Bob's dog. Spend less time sitting alone. Volunteer more at church.*

**FIGURE 13.3.** What Ben learned from his Activity Record.