

How to do it:

For the next few days, in your diary or your record sheet, write down:

1. Your activities: Record exactly what you do, hour by hour
2. Pleasure and mastery: Give each activity a rating between 0 and 10 for Pleasure (P) and for mastery (M). “P” refers to how much you enjoyed what you did. So, “P10” would mean that you had enjoyed something very much. “M” refers to how much mastery you experienced in what you did. How much of an achievement was it, given how you felt?

***For learning more about Cognitive Behaviour Therapy for Depression mail us for a workshop and one-on-one learning session.**



SOLACE SHELTER