

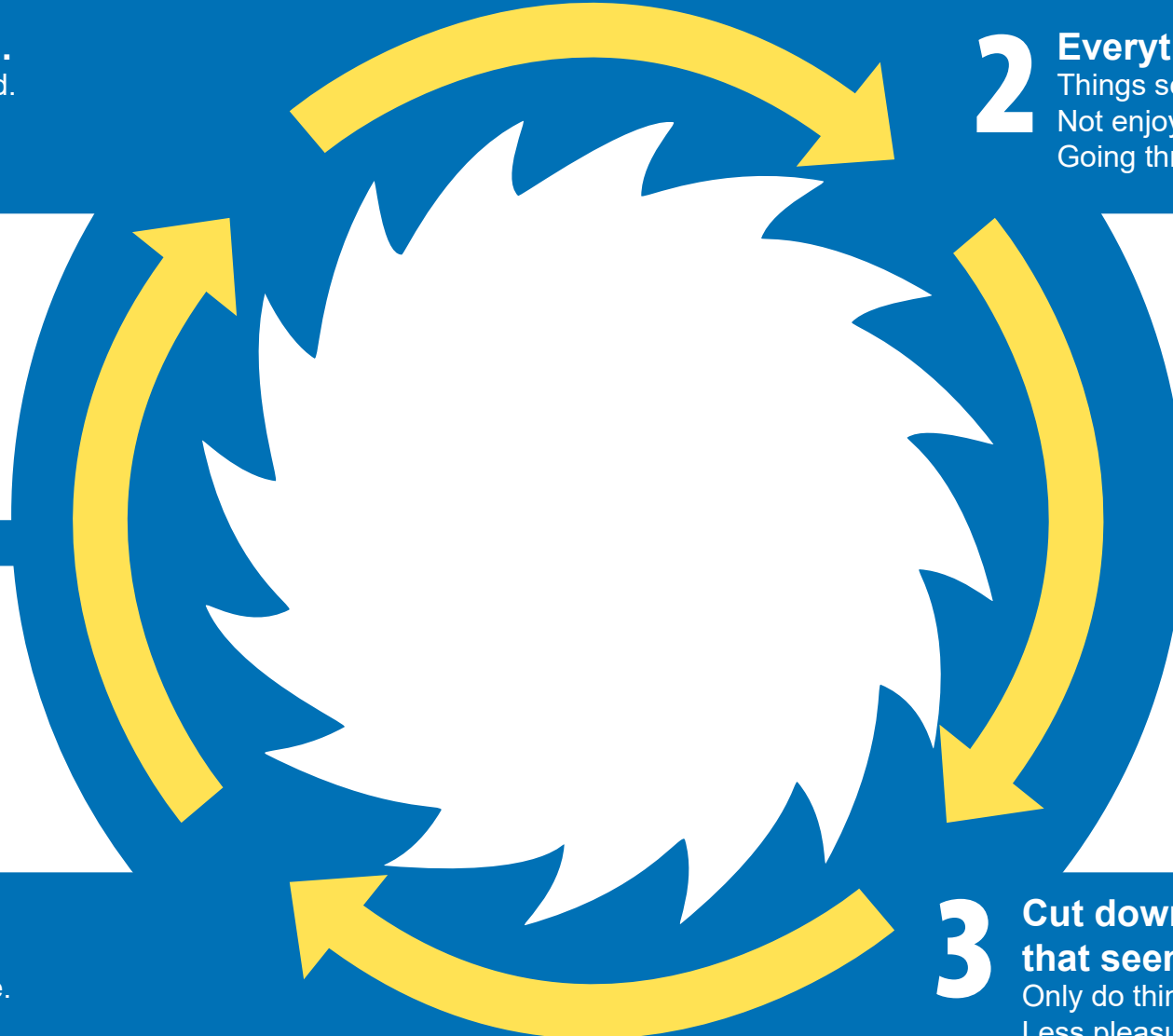
Cycle of reduced activity

From the:
Living Life to the Full
course resources.
www.lttf.com/resources

So, what's going on?

1 **Symptoms build.**
Low, not sleeping/tired.
Scared, fed up.
Can't be bothered.

2 **Everything seems harder.**
Things seem pointless.
Not enjoyed.
Going through the motions.



4 **Count the cost.**
Smaller life.
Feel worse and worse.
Lose confidence.

3 **Cut down/stop doing things that seem hard.**
Only do things you must/should do.
Less pleasure/achievement/closeness.