

Fill in your diary

From the:
Reclaim Your Life Course
resources.

Write down the things you do. Include things like getting dressed, talking to a friend on the phone, washing your hair etc. Then score them out of 10 for pleasure, the sense of achievement/satisfaction, and for how much it makes you feel close to other people. Remember to score them as you are now- not how you used to be before feeling ill. Doing this will help you understand what's good in your life, and also to realise what's missing. The first few spaces are filled in to show you how to do it.

Activity	Value /importance to you (0-10)	Pleasure (0-10)	Achievement (0-10)	Closeness (0-10)
<i>Talking to Sarah on the phone</i>	<i>8</i>	<i>9</i>	<i>4</i>	<i>9</i>
<i>Cleaning the house by myself</i>	<i>6</i>	<i>2</i>	<i>8</i>	<i>0</i>
My morning activities				
My afternoon activities				
My evening activities				