

THINGS I'VE STOPPED DOING CHECKLIST

From the workbook
*Doing Things That
Boost How You Feel*



As a result of how you feel, are you:

Check here if you have
noticed this—even if
just sometimes

Getting up and going to bed at a regular time?

Stopping or reducing hobbies or other things you
previously enjoyed or did to relax?

Going out or meeting friends less than usual?

Eating poorly (for example, skipping meals or eating more junk food)?

Noticing physical consequences of reduced activity—such as worsened pain or
restricted joint movement?

Just sitting watching TV?

Not working or doing things that you value and see as important,
such as helping others?

Failing to keep up with housework (are you 'letting things go'
around the house)?

Not always answering the phone or the door when people visit?

Putting off things you should do, such as leaving letters/bills
unopened or not replying to them?

Paying less attention to your self-care (for example showering less,
not bothering with your appearance, not shaving)?

Stopped enjoying or playing a sport

Stopped gardening

Stopped playing a musical instrument or singing

Stopped reading good books or watching movies

Less interested in sex (for example pushing your partner away
because of a lack of enjoyment/energy for sex)?

Staying inactive so that you are far less physically active than before?

If you have a religious faith: have you reduced or stopped reading
your Holy book, praying or going to services?