WORKSHEET 23 · FOR THE PSYCHOLOGIST

Filling my week again

Planning activities that matter (behavioural activation)

AIM

Reduce the free time taken up by rumination by planning chosen activities that bring pleasure, achievement or connection, and observe their effect on mood.

WHO IT IS FOR

Rumination, isolation, low mood linked to anxiety.

DURATION

20 min in session; follow-up over 1-2 weeks

HOW TO RUN IT

1. Use the diary (worksheet 07) to identify when rumination is strongest (often alone, inactive, in the evening).
2. List activities of three kinds: pleasure, achievement, connection with other people.
3. Schedule a few at specific times in the week, starting small.
4. After each activity, note mood and level of rumination.
5. Review in session: what helped? What got in the way?

POINTS TO WATCH

> Act “according to the plan, not according to mood”: motivation often comes after action. Watch out for activities during which rumination continues (walking alone while going over things): those that absorb attention are better.

REFERENCES

Martell, C. R., Dimidjian, S. & Herman-Dunn, R. (2010). Behavioral Activation for Depression: A Clinician's Guide. Guilford.

Watkins, E. R. (2016). Rumination-Focused Cognitive-Behavioral Therapy for Depression. Guilford.

PSYCHOLOGIST’S NOTES

© 2026 Gonzalo Garzo, clinical psychologist · gonzalogarzo.com · CC BY-NC-ND 4.0: free to share, no commercial use or modifications

WORKSHEET 23 · WORKSHEET TO HAND OUT

Filling my week again

Looping thoughts settle in above all when you are alone with nothing to do. Planning activities that matter leaves them less room. Start small, and act according to the plan, not according to your mood.

1. Write down activities that give you pleasure, that make you feel you are achieving something or that connect you with other people.
2. Put some of them into your week, at a specific time.
3. Do them, even if you don't feel like it.
4. Afterwards, note your mood (0 to 10) and how much room looping thoughts took up (0 to 10).

Day / time	Planned activity	Done? (yes/no)	Mood /10	Rumination /10

Which activities did me most good this week?

These exercises do not replace therapy. If you are in distress or having suicidal thoughts: 112 (European Union), 3114 (France) or the emergency number of the country where you live.

© 2026 Gonzalo Garzo, clinical psychologist · gonzalogarzo.com · CC BY-NC-ND 4.0: free to share, no commercial use or modifications