WORKSHEET 71 · FOR THE PSYCHOLOGIST

My activity and mood log

Seeing the link between what I do and how I feel

AIM

Observe activities and mood throughout the day to spot the link between the two, the basis of behavioural activation.

WHO IT IS FOR

Low mood, withdrawal, lack of energy, rumination. Before worksheet 23.

DURATION

5 min a day for a week

HOW TO RUN IT

1. Explain what it is for: mood depends partly on what we do.
2. For a week, the person notes their activities by time slot, with their mood (0-10), pleasure and sense of achievement.
3. At the review, identify the activities linked to better mood and the most difficult moments.
4. Use these observations for planning (worksheet 23).

POINTS TO WATCH

> Filling it in can be tiring if mood is very low: simplify (three moments a day). If mood is very low or there are suicidal thoughts, assess the risk.

REFERENCES

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

Beck, J. S. (2020). Cognitive Behavior Therapy: Basics and Beyond (3rd ed.). Guilford.

PSYCHOLOGIST'S NOTES

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WORKSHEET 71 · WORKSHEET TO HAND OUT

My activity and mood log

What we do influences how we feel. By noting your activities and your mood for a week, you will see what helps you and what weighs you down.

1. Note what you are doing at a few moments during the day.
2. Note your mood from 0 to 10.
3. Note pleasure (P) and the sense of having achieved something (A), from 0 to 10.
4. At the end of the week, circle the activities that did you good.

Day / moment	Activity	Mood /10	Pleasure /10	Achievement /10

Which activities improve my mood, even a little?

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.

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