

ACTIVITIES 3 -- IDENTIFYING AND OVERCOMING ROADBLOCKS TO DOING PLEASANT ACTIVITIES

SESSION OUTLINE

- I. Announcements and Agenda
- II. Review
- III. Personal Project Review
- IV. New Material: Identifying and Overcoming Obstacles
- V. Take Home Message
- VI. Personal Project

The purpose of today's meeting:

- Identify the obstacles that keep you from doing pleasant activities.
- Talk about how to problem solve and overcome obstacles.
- Talk about creating a balance in your life in order to improve your mood and shape your future.

REVIEW: PLANNING TO DO PLEASANT ACTIVITIES

- What do you remember most from last session?
- What do you remember about making a plan to do pleasant activities?
- What do you remember about the relaxation exercise?

PERSONAL PROJECT REVIEW

1. Review your quick mood scale.
2. What pleasant activities did you do over the last week?
3. If you practiced the relaxation exercise, how did you feel?

WHAT IS KEEPING ME FROM DOING PLEASANT ACTIVITIES

I would have done it BUT.....

I can't do it because.....

Problems/Roadblocks
1.
2.
3.
4.
5.

HOW CAN I OVERCOME THESE ROADBLOCKS?

Solutions
1.
2.
3.
4.
5.

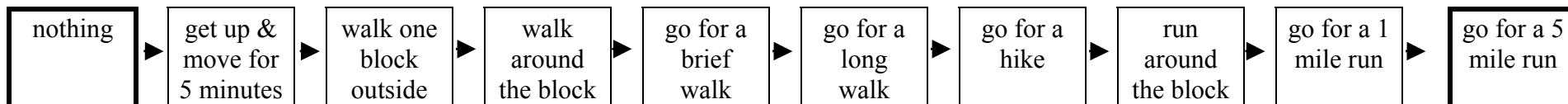
**SOLVING PROBLEMS
AND
OVERCOMING ROADBLOCKS
(ITCH)**

- Step 1: Identify the problem or roadblock.**
- Step 2: Think about all the possible solutions, without evaluating them.**
- Step 3: Choose the best solution or combination of solutions (the ones that are best for you) and try them.**
- Step 4: How well does it work. Try it and find out. Then reevaluate the problem and consider additional alternatives or changes.**

PACING MYSELF

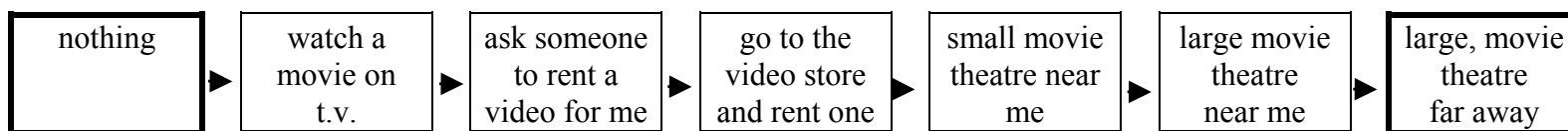
Given my energy level, health, and time

1. If I wanted to do exercise, what might I do? (circle one or write your own)



My choice: _____

2. If I wanted to see a movie, what might I do?



What kind of movie might I watch given my energy level, health, time, and mood, and personal preference? (circle one)

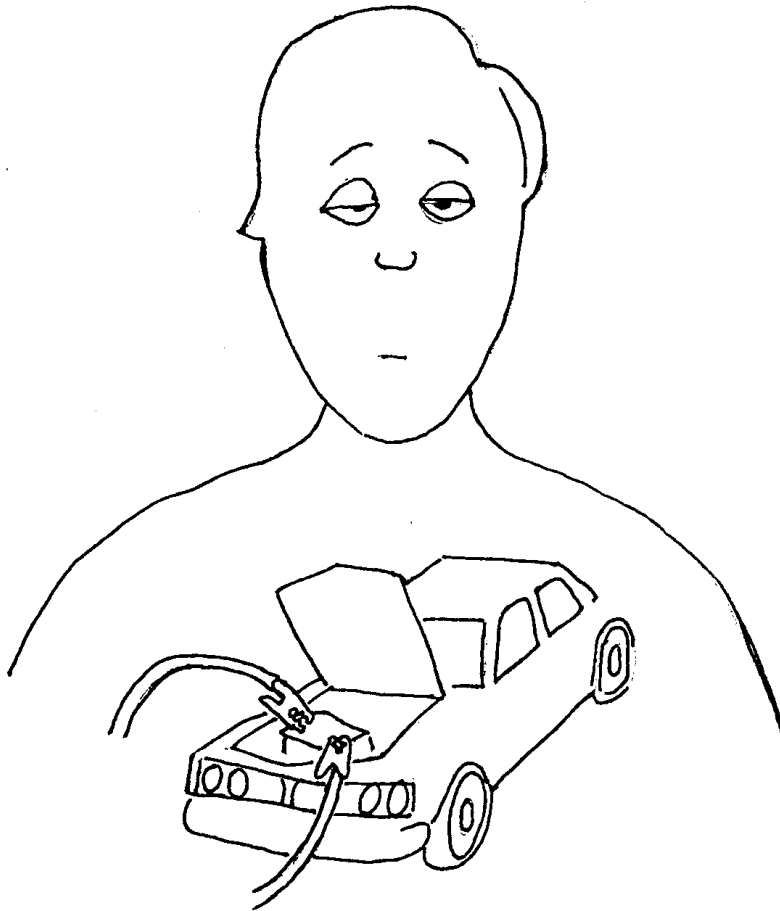
romantic comedy adventure drama horror movie

My choice: _____

3. What is something I would like to do? _____

How might I pace myself? _____

JUMPSTARTING MY ENGINE



Our bodies are like cars. When we don't use our cars, our battery runs out. With cars, we can do a couple of things to get them started. We can get a jumpstart from someone. We can also push them, then pop the clutch. The car then starts, and as you use it, the battery recharges itself.

How can you recharge your body's battery?

PLEASURE PREDICTING

Step 1: Pick an activity. Try to make sure it is something that would be pleasant for you.

Step 2: Pick the conditions that would make it most pleasant (e.g. If it's a movie you want to see, do you prefer to see it alone or with someone? Do you prefer to see a romantic comedy, a drama, or a horror film?)

Step 3: Write down how enjoyable you think it would be. Use the star rating scale below.

* not at all ** a little bit *** moderately ****quite a bit *****extremely

Step 4: Do the activity under the conditions that will increase the chance that it would be fun for you. **THIS IS THE MOST IMPORTANT PART!**

Step 5: Think back and write down the amount of enjoyment that you actually experienced. Use the star rating again.

Step 6: Now look at the two ratings, how do they compare?

Step 7: Do this with other activities. Do you see a pattern? What have you learned? What thought do you have about yourself or others after doing the activity?

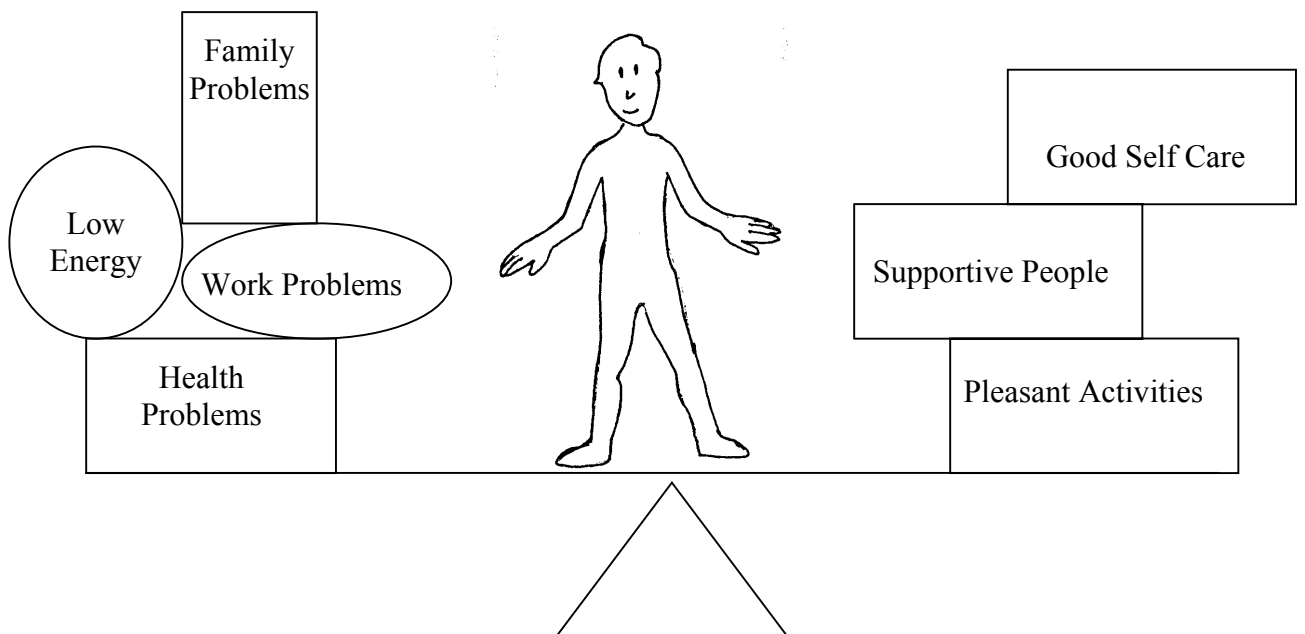
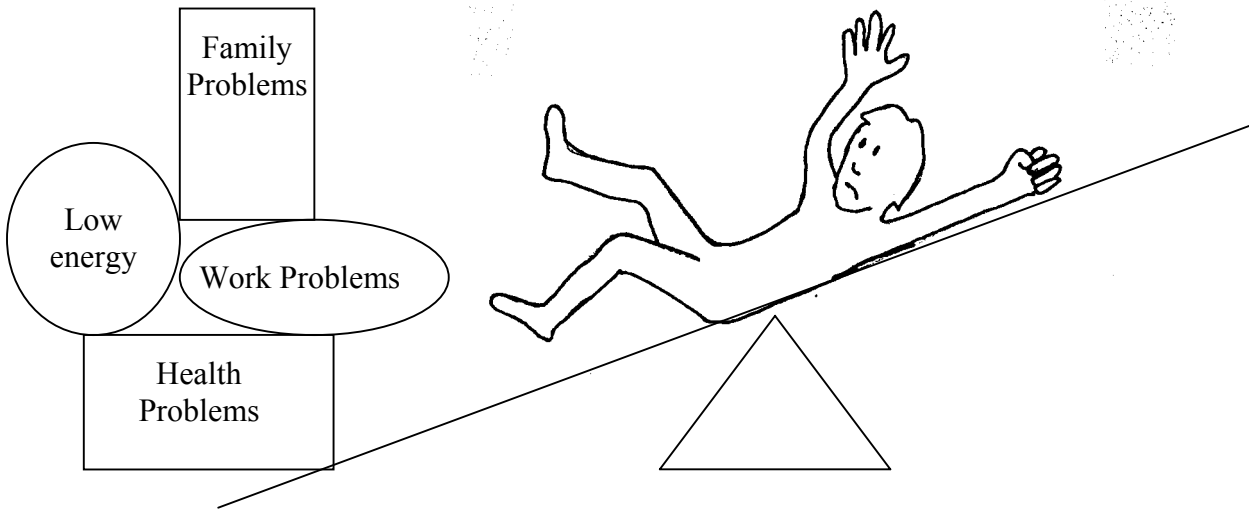
Pleasure Predicting Chart

Activity	How much <u>will</u> you enjoy this activity?	How much <u>did</u> you enjoy this activity
going to a museum	**	***
talking to a friend	***	*****

Star rating system

- * not at all
- ** a little bit
- *** moderately
- **** quite a bit
- ***** extremely

Balancing Stress and Fun

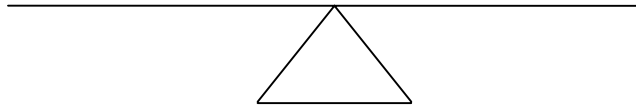


COGNITIVE-BEHAVIORAL TREATMENT OF DEPRESSION

Part III: Participant Notes: Activities Module: Session 3

Version 2000: May, 2000

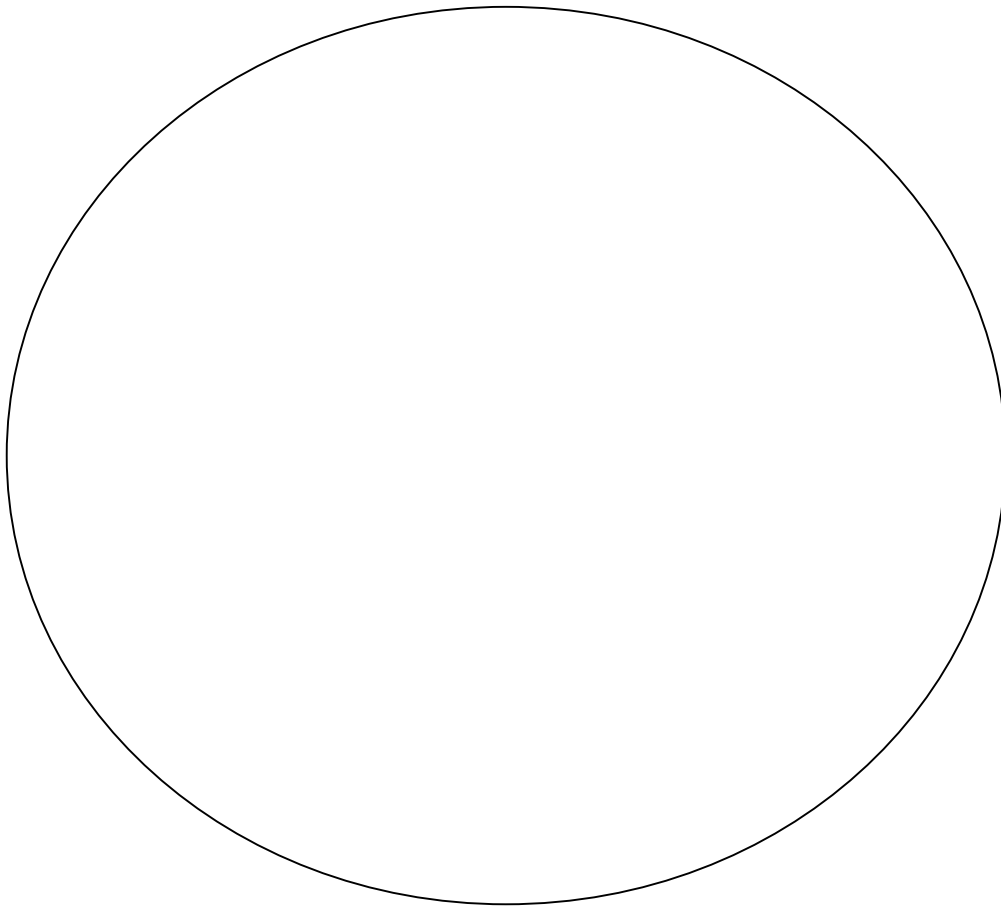
TO DO



HAVE TO DO

WANT TO DO

DIVERSIFY YOUR PIE



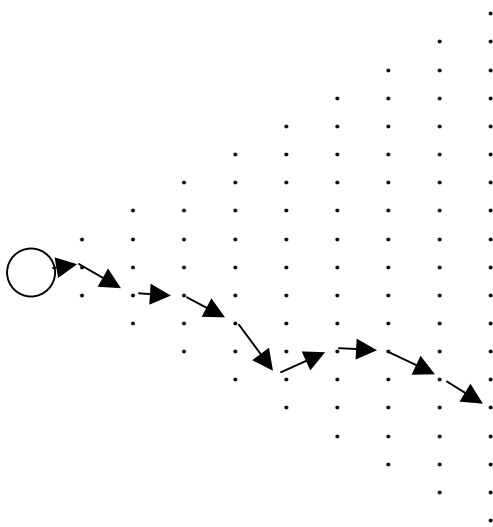
INSTRUCTIONS:

- Think of your life as a pie that has different slices.
- One slice might include work, another might include family, another friends, another hobbies, another time for yourself.
- You decide how big a slice to cut for each section.
- If you diversify your pie, meaning if you have different areas in your life, it will help you balance your life when you might have problems in one area.
- Think about your own life. Decide what slices you might want in your life and how big they might each be. For example, what percentage of your life would you devote to work, to family, to friends, to yourself, etc.

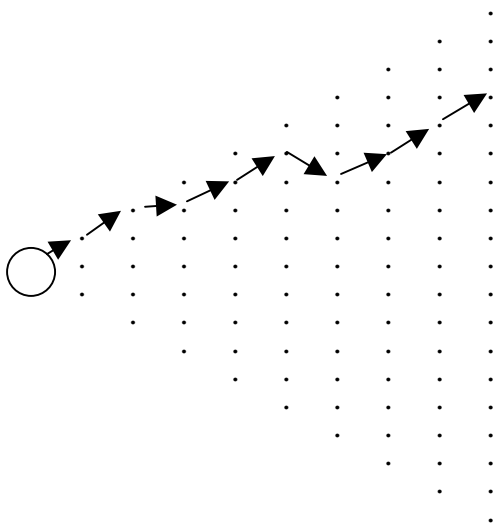
SHAPING MY REALITY

Instructions: Look at the picture on the next page. Imagine that each dot is an action that you can take. You can either move up or down. Imagine that you are now at the circle. Make ten moves. You will move from to the right. You can either move directly to the right, upward and to the right, or downward and to the right. Each move seems small and does not move us very far from the last move. Now make 10 moves. 10 moves later where are you? By making small moves, small actions, we can shape our reality.

Example A.



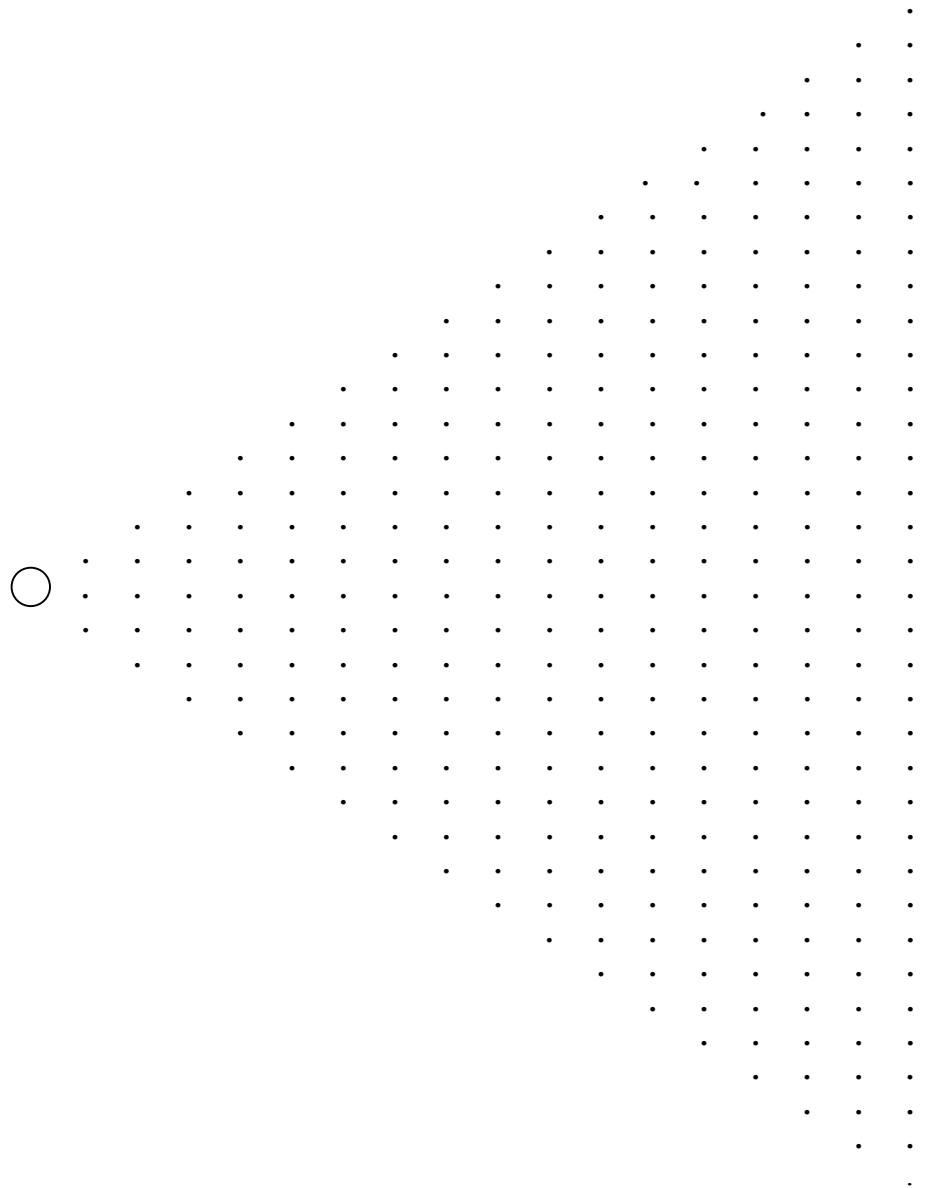
Example B.



COGNITIVE-BEHAVIORAL TREATMENT OF DEPRESSION

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Take Home Message:

At each moment in time, I can choose what I will do and how I will react to what is happening.

If I consciously choose to do or think something that will improve my emotional and physical health, I will gradually improve my personal reality.

This is how I can shape my life.

By taking many small steps, I can improve my life and my reality.

PERSONAL PROJECT

QUICK MOOD SCALE

DAY

BEST MOOD	9	9	9	9	9	9	9
	8	8	8	8	8	8	8
	7	7	7	7	7	7	7
	6	6	6	6	6	6	6
OK/AVERAGE	5	5	5	5	5	5	5
	4	4	4	4	4	4	4
	3	3	3	3	3	3	3
	2	2	2	2	2	2	2
WORST MOOD	1	1	1	1	1	1	1

pleasant
activities

WEEKLY PROJECT

- 1) Continue tracking mood using the mood scale and track the number of positive events you do each day (see page 51 for more instructions).

OPTIONAL PROJECTS (pick one of the following)

- 1) Do a new pleasant activity.
- 2) Use one of the strategies you learned to overcome a roadblock.
- 3) Write out my To Do List, including things I have to do and things I want to do.
- 4) Help someone else to do a pleasant activity.
- 5) Talk to someone about what I have learned.
- 6) Practice the relaxation exercise.