



Doing Pleasant Activities Will Make Me Feel Better, But When I Am Depressed I Don't Feel Like Doing Anything

WHAT CAN I DO?

1. What thoughts might help me do pleasant activities when I don't feel like it?

2. Complete the following sentences.

a. **Yes**, I don't feel like doing a pleasant activity, **BUT** _____

_____.

b. If I don't do a pleasant activity, I will feel _____

_____.

c. If I do a pleasant activity, I might feel _____

_____.