

*Feeling and doing*

## Activity list

Physical activity	Do now?	Used to do?
Swimming		
Playing sport (e.g. tennis, football)		
Dancing		
Other physical activity (e.g. riding, running, cycling)		
Skills/work/education	Do now?	Used to do?
Learning to drive		
Paid work (e.g. babysitting, paper round)		
School		
Homework		
Music lesson		
Creative things	Do now?	Used to do?
Drama		
Art (e.g. painting, drawing, sculpture)		
Playing music		
Cooking		
Writing (e.g. stories, diary, poetry)		

*Am I Depressed and What Can I Do About It?*

<b>Being sociable/relationships</b>	<b>Do now?</b>	<b>Used to do?</b>
Watching TV with family		
Having a family meal		
Shopping with friends		
Voluntary work		
Spending time with family and friends		
<b>Having fun</b>	<b>Do now?</b>	<b>Used to do?</b>
Going to the cinema		
Playing computer games		
Going to a party		
Having friends to stay overnight		
Planning a party or social event		