

Identifying my avoided activities worksheet

Activities I am avoiding as a result of how I feel	
Things that I do routinely (Washing-up, hoovering, grocery shopping, etc.)	Things that I used to enjoy or value (Hobbies, interests, sociable occasions, etc.)
	Things that are necessary, or there will be important consequences (Paying bills, taking prescribed medication, etc.)

68 *How to Beat Depression One Step at a Time*

