

WORKSHEET 5A

PAST APPARENTLY IRRELEVANT DECISIONS – JOHN'S STORY

Preceding Event/ Situation	Apparently Irrelevant Decision	What Could Have Been Done Differently?	Pros of Doing Things Differently	Cons of Doing Things Differently	Safe Alternative
<p>Early evening. Working poorly. Felt low and frustrated. Recently found out ex-girlfriend has new boyfriend.</p> <p>Morning. In bed. Felt low</p>	<p>Aimlessly walking around central London, on my own.</p> <p>Lay in bed for most of</p>	<p>I could have done some focused activity that would have given me pleasure (e.g. cinema, running).</p> <p>I could have got up and</p>	<p>Would have taken mind off work and girlfriend, and improved my mood.</p> <p>Would have halted the</p>		<p>Visit cinema or go running.</p> <p>Get up and go running.</p>

and angry.

the day.

immediately done something enjoyable and positive (e.g. running).

I could have had a manageable plan for the day that included things to look forward to.

rot' and lifted my mood.

Manageable plan would have increased likelihood of getting out of bed and made me feel better about the day, especially if plan included pleasurable activities.

Have plan for day that's manageable, not overwhelming, and includes activities to look forward to.