

## DECISION SHEET 1 (PAST SLIPS): JOANNE

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-boyfriend has new girlfriend.</p>	<p>Aimlessly walking around central London, on my own.</p>	<p>Focused activity that would have given me pleasure (e.g. cinema, running).</p>	<p>Would have taken mind off work and boyfriend, and improved my mood.</p>		<p>Visit cinema or go running.</p>
<p>Morning. In bed. Felt low and angry.</p>	<p>Lay in bed for most of the day.</p>	<p>(a) Got up and immediately done something enjoyable and positive (e.g. running).</p>	<p>(a) Would have 'stopped the rot' and lifted my mood.</p>		<p>Get up and go running.</p>

		(b) Had a manageable plan for the day that included things to look forward to.	(b) Manageable plan would have increased likelihood of getting out of bed and made me feel better about the day, esp. if plan included pleasurable activities.		Have plan for day that's manageable, not overwhelming, and includes activities to look forward to.
Lying in bed during the day.	Visualised drink and drug experiences.	Get out of bed. Replace 'positive' drinking images with negative, realistic images. Do something distracting (e.g. read a novel, watch a film).	Would have taken my focus away from craving-inducing images, and reduced craving.		Replace 'positive' drinking images with negative realistic ones. Do something distracting (e.g. read a novel, watch a film).