Managing Low Mood & Building Motivation

1. **Mastery vs Pleasure**

a) Identify activities for which you hold mastery. These are things that provide a self-esteem boost as they draw on your existing skills and talents. These activities are usually energizing (even if they are mundane, e.g. chores).

b) Identify activities that bring you pleasure or you suspect would bring you pleasure. These are things that

Now, let’s arrange the pleasure and mastery activities on this scale to distinguish the degree of pleasure or mastery of each activity.

|  |  |
| --- | --- |
| Pleasure Scale 0-10 | Mastery Scale 0-10 |
| 0 | 0 |
| 1 | 1 |
| 2 | 2 |
| 3 | 3 |
| 4 | 4 |
| 5 | 5 |
| 6 | 6 |
| 7 | 7 |
| 8 | 8 |
| 9 | 9 |
| 10 | 10 |

1. **Introducing Activities that Combat Low Mood**

**Pleasure Prediction:**

Pick an activity that you might enjoy that you do not usually engage in (it may be an activity you used to do, but have stopped, or it may be a new activity). Use this P/M list to help: <http://elishagoldstein.com/assets/183-pleasurable-activities-to-choose-from.pdf>

Activity:

When can you do this?

The Experiment

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Activity | How much I think will I ENJOY this | Mood before activity | Actual ENJOYMENT | Mood after activity |
| e.g. Ravine Walk | 3 | 3 | 6 | 7 |
|  |  |  |  |  |

Use a 0–10 scale

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Activity | How much EFFORT I think it will take | Mood before activity | Actual EFFORT | Mood after activity |
| e.g. Ravine Walk | 8 | 3 | 4 | 7 |
|  |  |  |  |  |

What did you learn from these experiences?

If this activity is something you would like to be part of your routine, identify one behaviour (what could you do) and one thought (what could you say to yourself) that would make it easier to start doing this behaviour on a regular basis.

1. **Preparing for Strategic Activity Scheduling**

|  |  |  |
| --- | --- | --- |
| **List 1:** Tasks I need to do that I’m avoiding OR that I regularly tend to avoid | **List 2:** Activities and tasks that I already do that bring me pleasure | **List 3:** Activities and tasks that might be fun, but a pleasure prediction is needed |
|  |  |  |

Now, do some *strategic planning* for the next week using an Activity Diary.

