



HANDOUT 2: SESSION 07

Daily activities worksheet

List situations that you encounter in your daily activities, such as meeting a person, being somewhere, or interacting with something. Some situations may increase your chance of relapse, but others may strengthen you. In the second column, note if that situation you encountered makes you feel depleted or worn down, or if it makes you feel uplifted, in terms of your energy or mood. To protect people's privacy, do not use their full name or use pseudonyms.

Check off if the situation depletes or uplifts you.

Situations (activity, person, place)	Deplete	Uplift

Daily activities worksheet is based on Bowen et al. (2011), Segal et al. (2002) as well as our own research into relapse situations (Turner et al., 2013).