

Depression & Exhaustion Log

Assisting in Recovery Toward Interests, Energetic Living, and Self-Forgiveness

Thinker Format AT010

Scales (For use in Log Entries Below)

How much interest do I feel in things in general? (Work, friendships, hobbies, minor tasks, TV shows, websites, books, physical fun, etc.)

1 2 3 4 5 6 7 8 9 10

0 = No interest at all. 10 = Vibrant sense of interest in the world.

How much physical/body strength do I currently feel? (Physical illness, headache, muscle tension, any dull pains, etc.)

1 2 3 4 5 6 7 8 9 10

0 = Impossible pain and/or lack of strength to lift a finger. 10 = Overflowing with strength.

How much positive emotional energy do I feel? (Excitement, idealism, readiness, etc.)

1 2 3 4 5 6 7 8 9 10

0 = Completely down and stuck. 10 = Absolutely vibrating with positive energy.

How forgiving of myself am I today? (If I fail it's OK, if things don't work out it's not all my fault, etc.)

1 2 3 4 5 6 7 8 9 10

0 = Extremely harsh. 10 = Completely forgiving.

How much will my circumstances change in a potentially fun/interesting way today?

1 2 3 4 5 6 7 8 9 10

0 = No change in circumstances expected (same place and conditions, no outside inputs or changes).

10 = Huge change of circumstances that will definitely usher in positive mood changes.*

Example Log Entry

Date & Time: December 24, 2018

Current Scales Sum (0-50): 5,5,3,4,7 = 24 out of 50

When is my next rest period (body completely relaxed, possibly sleeping, no expectations of self)?

I can probably take a nap around lunchtime.

Brief remarks: (Feelings, ideas, observations, desires, circumstances)

I'm feeling exhausted and mom & dad are wearing me out. I want to enjoy Christmas Eve and not feel so worn down...I think the evening will be calmer because we'll be done shopping and mom and dad will be watching TV. I will sneak out for a walk and stop by a friend's house and say hi.

Notes

*If you can plan a beneficial change in circumstances ahead of time (a vacation, a trip to the library, a walk, a meet-up with a friend) this can bring about positive change. Changes of circumstances can be used like a beneficial dice roll in a role-playing game. They are leverage points where amazing improvements in mood and outcomes are possible.

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