




## Therapy Unit 9: Depression and Thinking

### Worksheet 9.3. Do something! (social) activities are mood-lifting

Planned activity	How exactly will I do it?	How often did I do it?	Effect on mood? 
<i>Example cinema/theater/ concert</i>	<i>I don't have much money, but there are reduced prices on certain days – I will call my friend to ask him if he would like to come along.</i>		