

## Chapter 11: Support and activity strategies when becoming depressed

### *Pleasure and achievement activities: downloadable chart*

**Purpose of this chart:** Sets small short term goal around doing something that will give a sense of pleasure or achievement.

**Tips for using this chart:**

- Use this chart when you are feeling depressed or down
- Remember to set small goals.

**For more detailed instructions and explanations in using this chart see pp. 133 of *Living with Bipolar*.**

Date	My goal is to do this pleasurable or achievement focused activity:	The sense of pleasure it gave me on a 0 (no pleasure) to 5 (a lot of pleasure) was:	The sense of achievement it gave me on a 0 (no achievement) to 5 (a lot of achievement) was: