

# Your Week of Activation

Printable worksheet · the interactive version lives at [omnipsyche.org/therapyhomework](https://omnipsyche.org/therapyhomework)



Name (optional) \_\_\_\_\_

Date \_\_\_\_\_

## The spiral, and the exit

Here is the trap in one line: **feel bad, do less, feel worse.** Every cancelled plan and skipped shower is a completely understandable response to feeling terrible, and each one quietly removes another source of pleasure, mastery, or connection from your week.

The exit works the opposite way: **do a little, feel a little, do a little more.** Not by forcing joy, but by putting small activities back on the calendar and treating them like appointments, done on schedule, not on mood.

One more thing: your brain will predict these activities will feel pointless. That prediction is a symptom, not a forecast. We will test it.

## WHERE YOU ARE NOW

### 1 Where has your mood been sitting, on an average day this week?

A baseline number so you can compare later.



Very low

Genuinely good

### 2 What have you stopped doing, or cut way back on, since your mood dropped?

Seeing people, cooking, exercise, hobbies, music, showering, calls. No judgment; this is a map of what the low mood took, which is also a map of where to look for it.

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## WHAT USED TO MATTER

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### 3 When life felt fuller, what kinds of things gave you pleasure, pride, or connection?

Think in three lanes: things that felt good (pleasure), things you were good at (mastery), and people who felt good to be around (connection).

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## BUILD THE MENU

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### 4 Brainstorm a menu of small activities. List everything that comes to mind, tiny ones included.

Rules: each item takes under an hour, needs no perfect conditions, and is at least loosely connected to what you listed above. "Walk to the coffee shop" beats "get back in shape." Ten minutes of guitar beats "write an album."

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## SCHEDULE THREE

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### 5 Pick the first activity and give it an exact time slot this week.

Format matters: "Tuesday 6pm, walk the block loop" will happen; "walk more" will not. When, where, what.

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## 6 Second activity, second slot.

Different lane if possible. If the first was movement, make this one connection or mastery.

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## 7 Third activity, third slot.

Keep the bar low. Three small completed activities beat one heroic cancelled one.

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### THE EXPERIMENT

## 8 Prediction time: how enjoyable or satisfying does your brain say these will be?

Answer honestly, even if the number is low. After each activity this week, jot the real number next to it. Depressed brains reliably under-predict, and catching yours doing it is powerful evidence against it.

|           |   |   |   |   |                 |   |   |   |    |
|-----------|---|---|---|---|-----------------|---|---|---|----|
| 1         | 2 | 3 | 4 | 5 | 6               | 7 | 8 | 9 | 10 |
| Pointless |   |   |   |   | Very satisfying |   |   |   |    |

## 9 What is most likely to stop you, and what is your if-then plan for it?

"If it is raining, then I walk the mall instead." "If I want to cancel, then I do just the first five minutes." The five-minute version always counts as done.

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**Bring this to your next session.** What you wrote here is exactly the kind of material good sessions are made of. Repeat the exercise whenever it is useful; the value compounds.

Michael C. Shedrick, M.S., PLPC, NCC. This exercise is for educational and informational purposes only. It is not therapy, not a substitute for professional diagnosis or treatment, and completing it does not create a counselor-client relationship. If it was assigned by your treatment provider, bring it to them. If you are in crisis, call or text 988 (Suicide and Crisis Lifeline). Free mental health education and tools: [omnipsyche.org](https://omnipsyche.org)