

Curing Depression - Evaluate Your Activities

I give credit to Dr. Gregg Jantz who gives this excellent activity in his book, "Moving Beyond Depression". (Visit: www.cure-your-depression.com/movingbeyonddepression.html for more info on this book.)

In your journal, divide a page into 4 columns. Label them 'Activity', 'Draining', 'Filling' and 'Overall'. Write down the first 6 activities you are involved in which come to your mind and put list them in the 'activity' column. Then evaluate which elements of these activities are fulfilling and draining. On the last column put what the overall feel is for each activity. For more instructions, go to: www.cure-your-depression.com/living-life-on-purpose.html

Activity	Draining	Filling	Overall
1.			
2.			
3.			
4.			
5.			
6.			

Be sure to read Chapter 4 of "Moving Beyond Depression" to learn more about living life on purpose to beat depression.

There is hope! You are worth it!



Sincerely, Merri Ellen Giesbrecht
Your Editor of www.Cure-Your-Depression.com

Visit: www.cure-your-depression.com/movingbeyonddepression.html for more info on Dr. Greg Jantz's excellent book.