Predicting pleasure

Predict how satisfying an activity will be, then record how it really was.

Name _____ Date _____

When you are low, your mind predicts that nothing will be enjoyable or worthwhile. These predictions are usually too gloomy. Before each planned activity, predict how satisfying it will be from 0 to 10. Afterwards, write down how it really was.

Activity	Who with	Predicted (0 to 10)	Actual (0 to 10)	What I noticed
Walk to the pier	*Alone*	*2*	*5*	*Better once I got moving. Nice light.*

How did my predictions compare with what happened?

What does this tell me about trusting "there is no point"?

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