HOW TO USE THE PLEASURE-PREDICTING SHEET

HOW TO USE THE PLEASURE-PREDICTING SHEET

One purpose of the Pleasure-Predicting Sheet is to help you become more involved in rewarding activities. A second purpose is to help you develop greater self-reliance by testing beliefs such as "I'm bound to feel miserable when I'm alone," or "The only true happiness comes from a loving relationship with someone I really care about." As you begin to enjoy your own company, you will naturally experience an increase in self-esteem.

Here's how to use the Pleasure-Predicting Sheet. In the "Activity" column, schedule activities with the potential for satisfaction, learning, or personal growth. If you feel depressed and can't think of anything that seems rewarding or worthwhile, you can schedule activities that used to be enjoyable, even if you don't think they'll be very satisfying now. Include activities you can do by yourself (such as jogging or reading) as well as activities you can do with friends.

Indicate whom you plan to do each activity with in the "Companion" column. Do not put the word *alone* in this column. Instead, use the word *self* to describe your companion when you schedule an activity by yourself. This will remind you that you never really need to feel alone if you regard yourself as a companion and friend.

In the third column, labeled "Predicted Satisfaction," estimate how satisfying each activity will be on a scale from 0% (for the least possible satisfaction) to 100% (for the most). Make these written predictions *before you* do each activity. Finally, in the last column, which is labeled "Actual Satisfaction," record how satisfying the various activities turned out to be after you've completed them, using the same 0% to 100% rating system.

The "Actual Satisfaction" column will show you how pleasurable and rewarding the various activities were. This will help you discover what gives you the most satisfaction. You may find that many of the things you usually do, such as watching TV or overeating, turn out to be unrewarding. In contrast, certain things you might ordinarily avoid, such as cleaning your desk or exercising, may turn out to be more rewarding than you anticipated.

You can also compare the satisfaction of activities by yourself with the satisfaction of activities with others. Discovering that you can often be as happy when you're alone as when you're with friends or loved ones can be a tremendous source of self-confidence. This can help you disprove the belief that happiness always comes from loving relationships with other people. Paradoxically, the self-esteem you feel when you realize that you don't really "need" others will often lead to improved relationships with people, because you won't feel so desperate and afraid of rejection.

PLEASURE-PREDICTING SHEET

Activity Schedule activities with the potential for pleasure, learning, or personal growth	Companion If alone, specify self. a scale from 0% to 100%.	Predicted Satisfaction Record this before each activity on a scale from 0% to 100%.	Actual Satisfaction Record this after each activity on