Handout: Daily Activities Sheet (Activity #1)

1. List activities, people and situations that you associate with **distress**, and **challenging emotions** or that increase **self-doubt**, and describe how you tend to feel when you engage in these activities.

Activity, person, place, or situation	How do you tend to feel?

2. List activities, people, and situations that you associate with **pleasure** or that increase your **confidence** that does not involve substance use. Note how you tend to feel when engaged in these activities.

Activity, person, place, or situation	How do you tend to feel?