## Downward Spiral, Upward Spiral

**Keep track of one thing that happened over the week that brought your mood DOWN:**

1. What happened?
   
2. How did you feel?
   
3. What did you do?
   
4. Did you feel better or worse?

**Keep track of one thing that happened over the week that brought your mood UP:**

1. What happened?
   
2. How did you feel?
   
3. What did you do?
   
4. Did you feel better or worse?

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*From Behavioral Activation with Adolescents: A Clinician’s Guide by Elizabeth McCauley, Kelly A. Schloredt, Gretchen R. Gudmundsen, Christopher R. Martell, and Sona Dimidjian. Copyright © 2016 The Guilford Press. Permission to photocopy this handout is granted to purchasers of this book for personal use or use with individual clients (see copyright page for details).*