

Compassionate Activity Plan

The purpose of this exercise is to identify, plan and complete daily activities or routines that promote a healthy balance between the **Threat**, **Drive** and **Soothe** systems. The **red Threat dial** relates to how emotionally distressed we feel, the **blue Drive dial**, how driven or motivated we are and the **green Soothe dial**, our sense of comfort and wellbeing. Identify and plan activities that are consistent with your personal goals and values, over activities that help you to avoid, suppress or control anxious or depressed feelings.



Date	Purposeful Activities Promoting Responsibility, Achievement and Satisfaction	Rewarding Activities Promoting Pleasure, Interest and Enjoyment	Compassionate Activities Promoting Kindness, Bonding and Connection	Rate Your Mood 1-10 in each dial
Mon				<input type="text"/> <input type="text"/> <input type="text"/>
Tue				<input type="text"/> <input type="text"/> <input type="text"/>
Wed				<input type="text"/> <input type="text"/> <input type="text"/>
Thu				<input type="text"/> <input type="text"/> <input type="text"/>
Fri				<input type="text"/> <input type="text"/> <input type="text"/>
Sat				<input type="text"/> <input type="text"/> <input type="text"/>
Sun				<input type="text"/> <input type="text"/> <input type="text"/>