

PLEASURE AND MASTERY RATING

Day/Date							
Activity							
	P: M:	P: M:	P: M:	P: M:	P: M:	P: M:	P: M:
	P: M:	P: M:	P: M:	P: M:	P: M:	P: M:	P: M:
	P: M:	P: M:	P: M:	P: M:	P: M:	P: M:	P: M:
	P: M:	P: M:	P: M:	P: M:	P: M:	P: M:	P: M:
	P: M:	P: M:	P: M:	P: M:	P: M:	P: M:	P: M:
	P: M:	P: M:	P: M:	P: M:	P: M:	P: M:	P: M:
	P: M:	P: M:	P: M:	P: M:	P: M:	P: M:	P: M:
	P: M:	P: M:	P: M:	P: M:	P: M:	P: M:	P: M:

## PLEASURE AND MASTERY RATING

In depression, it becomes hard for an individual to think in a positive manner. Therefore, each activity appears either a drag or gives no sense of accomplishment. The Pleasure and mastery rating helps the individual to identify the activities that he/she was able to carry out skilfully and those, which objectively gave them happiness or pleasure. This sheet can then further be used to help the individual in planning out a day that is both happy and constructive.

### Instructions:

1. Fill out the day/date for which you are recording the pleasure/mastery
2. Write down the activities that you did on that day/date. E.g., took a bath, Read a book, watched TV, talked to a friend etc.
3. Pleasure = involves activities, or “play” that we enjoy for the sake of the activity itself. E.g., hobbies, spending time in nature, exercise etc.
4. “Mastery” = involves activities that require skill or talent; and in depression, any activity that gives a sense of achievement or accomplishment including even basic activities such as taking a bath.
5. In front of each activity, rate both pleasure and mastery on a scale of 0-10, wherein “0 = No pleasure/no mastery” and “10 = Maximum pleasure/mastery”. So for example:

Day/Date	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activity							
Reading my coursebook for half hour				Didn't read	Didn't read		
	P: 0    M: 2	P: 1    M: 2	P: 2    M: 3	P:    M:	P:    M:	P: 3    M: 3	P: 3    M: 3