

Part 8.

Good Times.



Good Times.



What are your favourite jokes...

Good Times.



What are your favourite things to do?

Pleasure and Mastery.

It can be useful to think of the amount of pleasure and mastery that good times give you. This is especially true if you have been feeling down.

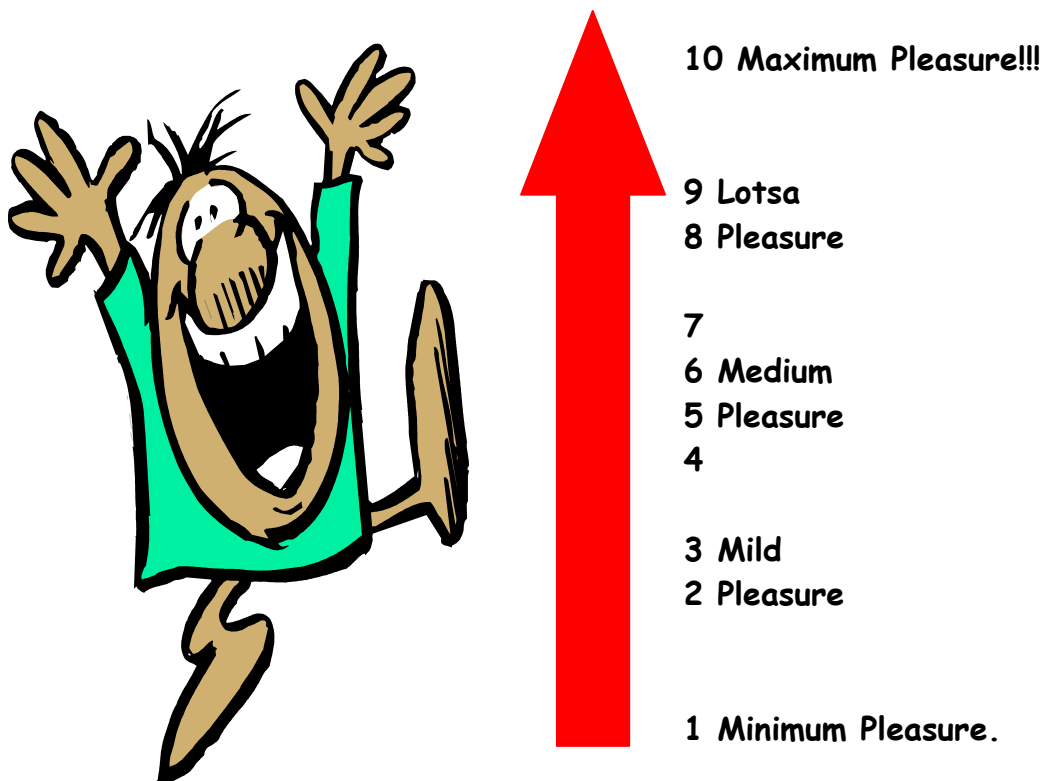
PLEASURE means the amount that you enjoy doing something.

MASTERY means the amount of satisfaction that you get from the challenge of doing something.

The amount of pleasure or mastery that you get from anything is a matter of personal opinion. You can judge the amount of pleasure that you get from doing something fun by using our pleasure-ometer.

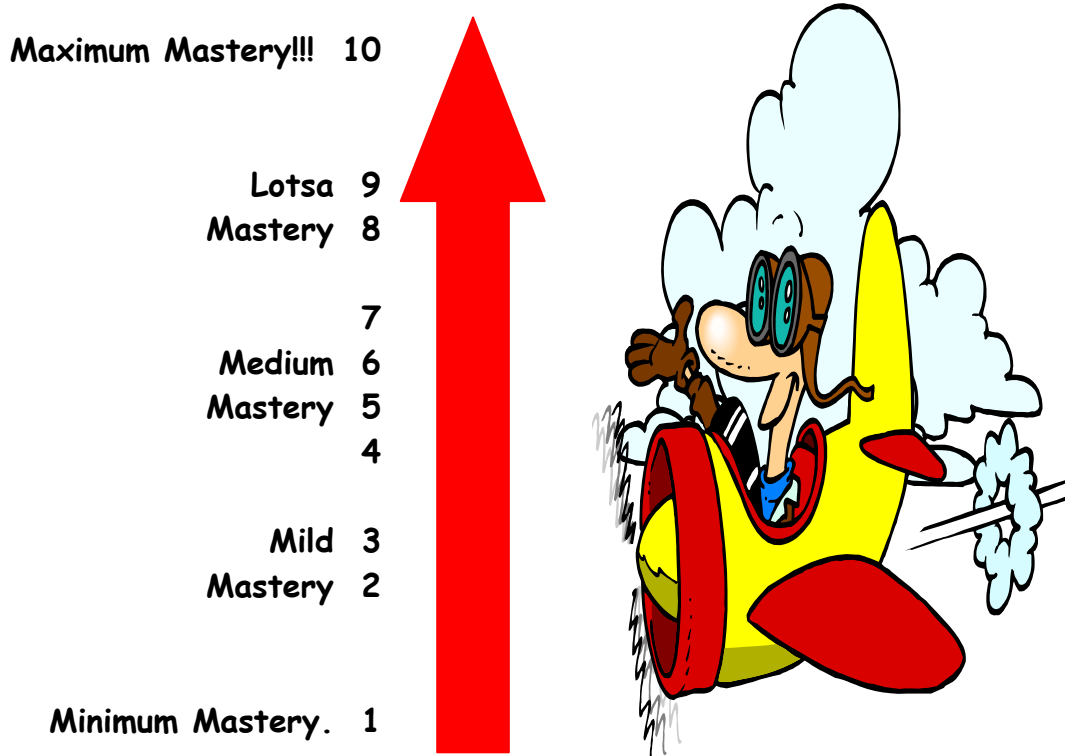
You can judge the amount of mastery that you get from doing something fun by using our mastery-ometer.

Pleasure-ometer.



Pleasure and Mastery.

Mastery-ometer.



Use the diary on the next page to plan as many good times as possible over the next week.

At the end of everyday rate each of your good times on our pleasure-ometer and on our mastery-ometer.

Good Times.

Use this diary to plan as many good times as possible over the next week.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09.00 am						
11.00 am						
01.00 pm						
03.00 pm						
05.00 pm						
07.00 pm						
09.00 pm						
11.00 pm						

Good Times.

From completing this part of my guidebook I think
that for me the most important things about good
times are...

