

Lost Activities

1. List all of the activities that you've given up because of anxiety. Every time you see yourself pulling back from an activity, add it into the chart.
2. Consider activities you may have given up in each category, and feel free to add others.
3. For each activity, rate how pleasant or unpleasant the activity would be if you weren't anxious about it.
4. For each activity, rate how difficult the activity would be if you weren't anxious about it.

Category	Specific Activity	Pleasant	Neutral	Unpleasant		Easy	Moderate	Difficult
Daily Routines								
Work Activities								
Sports & Recreation								
Social Activities								
Personal / Family Relationships								
Travel								
Other								

Adapted from *Back Sense: A Revolutionary Approach to Halting the Cycle of Chronic Back Pain*.
By Ronald D. Siegel, Michael H. Urdang, & Douglas R. Johnson.