

Cycle of reduced activity

So, what's going on?

1

Symptoms build.

Low, not sleeping/tired.
Scared, fed up.
Can't be bothered.

2

Everything seems harder.

Things seem pointless.
Not enjoyed.
Going through the motions.

3

Cut down/stop doing things that seem hard.

Only do things you must/should do.
Less pleasure/achievement/closeness.

4

Count the cost.

Smaller life.
Feel worse and worse.
Lose confidence.

