

Pleasure-Predicting Sheet

- Depressed individuals procrastinate
- They also avoid pleasurable, rewarding activities
 - Vicious cycle: Do-nothingism triggers more depression, which causes more procrastination

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- The behavioral intervention can have a cognitive component
- The improvement may actually result from the change in negative thinking

Pleasure-Predicting Sheet

Hypothesis: I could never feel truly happy and fulfilled without John's love.

Activity	Companion	Predicted Satisfaction (0 - 100)	Actual Satisfaction (0 - 100)
Prepare dinner	Self	5%	
Eat dinner	Self	5%	
Lunch with John	John	75%	
Jog	Self	50%	

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Activity	Companion	Predicted Satisfaction (0 - 100)	Actual Satisfaction (0 - 100)
Prepare dinner	Self	5%	90%
Eat dinner	Self	5%	
Lunch with John	John	75%	
Jog	Self	50%	

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Prepare dinner	Self	5%	90%
Eat dinner	Self	5%	100%
Lunch with John	John	75%	0%
Jog	Self	50%	

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Jog	Self	50%	90%