

# 'Five Areas' – Blank Form

Try to fill in one of these forms whenever you notice a change in your mood.

The change could be negative (worried, angry, depressed) or positive (happy, calm, relaxed). Don't worry if you can't put something in every box to start with – your guide can help you. Learning to use this model will help you use other leaflets in this series – your guide might give you the leaflet 'Completing Your Own 5 Areas Review' to start you off, then you can start filling these forms in regularly once you know how to use them. You can use one form to write about the negative event and another form to help you and your guide work out what positive or helpful things you could try instead to help yourself feel better – the 'Completing Your Own Five Areas' leaflet can help you do this.

FOR MORE LEAFLETS IN THIS SERIES GO TO [www.primarycare-selfhelp.co.uk](http://www.primarycare-selfhelp.co.uk)

