



What gets in the way

An Everyday Insight tool
myactivityrecord.com



Session 3 of 4 in an Activity Record group. Scheduling, and what gets in the way.

NAME

DATE

1 Last week's activities

What you did, what you didn't, and what happened to the feeling either way.

WHAT HAPPENED

FEELING BEFORE, ON AVERAGE

FEELING AFTER, ON AVERAGE

2 When something gets in the way

Pick one time since the last session when you meant to do something and didn't. Walk through what happened, then plan another way through it.

What happened

THE SITUATION, WHAT SET IT OFF

HOW I FELT

WHAT I DID INSTEAD

WHAT IT COST ME LATER

Another way through

WHAT I COULD TRY NEXT TIME

THE SMALLEST VERSION OF IT



For education and reflection. Not a substitute for professional care.

Free to copy for personal, clinical, and educational use. © 2026 Everyday Insight LLC · myactivityrecord.com

1 of 2



3 The week ahead

Plan one small activity for each day, or as many days as you can, with a time. Check it off when it's done and rate the feeling before and after. A plan you only partly keep still counts.

DAY	WHAT I'LL DO, AND WHEN	DONE	FEELING BEFORE	FEELING AFTER
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

