

What’s drifted, and what still matters

When mood drops, life narrows. The things that gave your days shape, the people, the interests, the small routines, quietly fall away.

That narrowing is part of how depression works, not a sign of who you are. **This audit helps you see what has drifted, and find a direction back, before the motivation to move has returned.** You do not need to have read anything else first; everything you need is on these two pages.

THE AREAS THIS LOOKS ACROSS a whole life, not one problem

<p>Relationships family, friends, the people close to you</p>	<p>Work or contribution what you do, paid or unpaid</p>	<p>Health & body movement, sleep, eating, self-care</p>
<p>Play & creativity fun, hobbies, rest, things just for you</p>	<p>Growth & learning curiosity, skills, who you are becoming</p>	<p>Community & belonging connection beyond your close circle</p>

Depression rarely empties all of these at once. Seeing them side by side shows where life has narrowed most, and where there is still something to step back toward. Page 2 has a row for each, plus one for anything that is yours alone.

WHAT WE MEAN BY “WHAT MATTERED”

- **A direction, not a goal.** How you want to live, not a box to tick. You never finish a value, so you can always turn back toward one.
- **Yours, not borrowed.** What genuinely matters to you, not what you think should. An honest answer beats a tidy one.
- **Seen in small things.** A phone call, a walk, a meal made for someone. You do not have to change your life to live a value a little.
- **Still there when faded.** What mattered before usually still matters underneath. That is what makes a faded value findable again.

WHY THE GAP IS THE USEFUL PART
The space between what mattered and what life looks like now is not a scorecard. It is a map. **The widest gaps tend to show where re-engaging, in a small way, is most likely to matter**, and you can take a step toward a value long before the motivation to do so returns (Stein et al., 2021).

- 1 Go area by area**
Take one at a time, in any order. Skip any that do not fit you.
- 2 What mattered, then what’s now**
A few words each, in your own words. Honest, not tidy.
- 3 Find the widest gaps**
Not failures. They show where one small step back is likely to matter most.

WHAT ONE ROW MIGHT LOOK LIKE

LIFE AREA	WHAT MATTERED HERE	WHAT IT LOOKS LIKE NOW	ONE SMALL STEP BACK
Relationships	Seeing two close friends most weeks; feeling part of things	Have not replied to messages in a month; mostly alone	Send one short text to one friend

STUCK FOR A FIRST STEP? KEEP IT SMALL

- Text one person back
- Step outside for five minutes
- Do one thing you used to enjoy, even if it feels flat
- Open the curtains and make the bed

A step counts even if it is tiny, and even if it does nothing for your mood today. The point is turning back toward the area, not fixing it. Small and done beats big and imagined.

Useful alongside therapy, not a substitute for it. Nothing here is scored, and an honest, partial audit is more useful than a complete, tidy one.

REMEMBER Drift is how depression narrows life, not a verdict on you. What mattered before usually still matters underneath, and you can turn back toward it one small step at a time, before you feel ready.

Stein, A. T., Carl, E., Cuijpers, P., Karyotaki, E., & Smits, J. A. J. (2021). Looking beyond depression: A meta-analysis of the effect of behavioural activation on depression, anxiety, and activation. *Psychological Medicine*, 51(9), 1491–1504. · Harris, R. (2019). *ACT made simple* (2nd ed.). New Harbinger Publications.

Your values audit

One life area per row. **A few words per cell, and leave any cell or row blank.** The gap between what mattered and what it looks like now is the useful part, not a failure to fix. The areas below are a starting set; use the last row for anything else.

LIFE AREA	WHAT MATTERED HERE	WHAT IT LOOKS LIKE NOW	ONE SMALL STEP BACK
Relationships family, friends, the people close to you			
Work, study or contribution what you do, paid or unpaid			
Health & body movement, sleep, eating, self-care			
Play & creativity fun, hobbies, rest, things just for you			
Growth & learning curiosity, skills, who you are becoming			
Community & belonging connection beyond your close circle			
Something else that matters:			

i For use alongside therapy, not as a substitute. The audit gives you and a clinician something concrete to start from. It is for finding direction, not for closing the gap on your own. A blank area can mean a value is still there but contact has dropped, or that it never quite fit you. Both are worth knowing.

WHEN YOU HAVE FILLED WHAT YOU CAN

Bring it to a first conversation, or just sit with what you notice.

The widest gaps are useful information whether or not you book a session. If you would like to talk them through, the Meet and Greet is a short call to see if we are the right fit.

MEET & GREET

Free
15 minutes
Online or in-person
No obligation