

Things You Do Questionnaire: 21 Item Version (From Study 1 and Study 2)

The Things You Do Questionnaire (TYDQ: 21-Item)						
Please indicate how often you have performed each of the following actions in the last week (7 days)						
			Frequency per Week			
Item Number	Action	0 (Not at all; 0 days per week)	1 (1-2 days per week)	2 (3-4 days per week)	3 (5-6 days per week)	4 (Everyday; 7 days per week)
1	I had a good laugh or did something that was fun					
2	I had something to look forward to					
3	I did something that was very satisfying to me					
4	I did something enjoyable					
5	I treated myself with respect					
6	Instead of worrying about the past, I focused on my preferred future					
7	I dealt with feelings of frustration or impatience in a healthy way					
8	I allowed myself to be less than perfect					
9	I stopped myself from thinking unhelpful or unrealistic thoughts					
10	I kept a realistic perspective on things					
11	I spent time doing something I believed in					
12	I made a plan and stuck to it					
13	I did something to help me achieve my goals					
14	I did something to improve or maintain the quality of my life					
15	I did something to help me live my "ideal" life					
16	I kept a healthy daily routine					
17	I went to bed and woke up at a regular time					
18	I prepared and ate a healthy meal					
19	I socialised with positive people					
20	I had a meaningful conversation with someone					
21	I talked about my day with a friend or a family member					