

Relevant to: Depression:  Anxiety:   
 Irritability/Anger:  General emotional control:

# Life Sculpting

With life sculpting you can literally shape your life to your requirements, to make it just how you want, just how it suits you best. And the method is very simple, easy and fun. All you have to do is to write down what you do during the day. You can get started by reading the example below and using the form overleaf. Then you can buy an exercise book or use a computer to continue.



## Time Line

7:00am	Got up, showered and got dressed. 7:30am
7:30am	Made breakfast and ate breakfast with my wife. 8:00am
8:00am	Finished off getting dressed. 8:20am
8:20am	Got in the car and drove to work with wife and daughter. 8:40am
8:40am	Opened the office and switched on my computer. Looked at emails. 9:00am
9:00am	Meeting with others in the office. 9:30am
9:30am	Replied to emails and post. 11:00am
11:00am	Had coffee, doing nothing except thinking about e-mails and forthcoming tasks. 11:20am
11:20am	Did more work tasks that had to be done. 12:30pm
12:30pm	Had lunch with others in the office. 1:30pm
1:30pm	Had a sleep listening to the radio. 2:00pm
2:00pm	Did more work things in my office. Talking to the others as necessary. 5:00pm
5:00pm	Started shutting up the office and locking things up. 5:30pm
5:30pm	Drove home with wife and daughter via the Co-op to pick up groceries. 6:00pm
6:00pm	Sat and read the newspaper while Brenda made the evening meal. 7:15pm
7:15pm	Had dinner with Brenda. 8:00pm
8:00pm	Downloaded stuff from my dictaphone to my computer. 9:00pm
9:00pm	Watched football on TV, switched over to a movie, then to football. 9:30pm
9:30pm	Brenda came in and we watched the football until 10:30pm when the match finished. Then the news. 11:15pm
11:15pm	Went to bed and listened to a radio play. Went to sleep halfway through. 11:30pm
11:30pm	Sleeping. 7:00am

### Q: Why is this called life sculpting?

Answer: Because the act of writing things down makes you alter what you do. It focuses your attention on the "shape" of your life and prompts you to change it according to your needs and whims.

### Q: Why is this good?

Answer: Because the quality of our lives fundamentally affects how we feel. As Lewinsohn famously put it: "the reason that most depressed people are depressed is that they are leading depressing lives."

### Q: What if I can see that there aren't many enjoyable things in my life, and yet I can't think of anything enjoyable to do?

Answer: Really search for things that you might like to do. Sometimes there are things which you long ago gave up which you would enjoy if you took them up again. For example, most people enjoy reading and yet they may stop reading if life becomes too busy. Clearly they are then "missing out" in some way.

Another thing to look out for is that it is sometimes the detail that is important. For example, most people enjoy reading but they don't necessarily enjoy reading books. They may prefer to read magazines, newspapers, brochures, or other material. So pay attention to the detail.

In a similar way, many people enjoy watching TV; on the other hand, if they watch too many programmes they are not really interested in, then TV becomes irritating and rather depressing. The answer here is plainly to confine your TV watching to programmes that interest you: to plan your TV watching.

