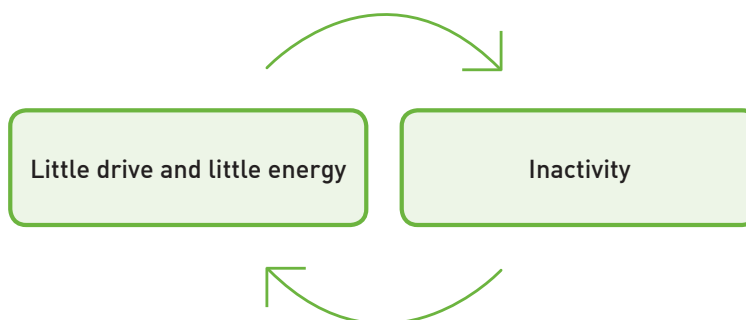


Information about the inactivity cycle



Explanation:

If you experience little drive or energy, you will do less. If you are not doing much, you are going to feel even less drive and energy. This, in turn means you do less, and therefore you continue to experience even less drive and energy. Eventually, you initiate almost no activities anymore, and you no longer feel motivated or have the energy to do things.

What you should not do:

People stuck in this cycle are often waiting until they experience drive and energy, before they do anything. But that does not happen. Drive and energy do not arise by themselves.

What you should do:

It works the other way around: you should start doing something that you know is actually a nice thing to do, even when you do not feel like it. Only then will you experience a bit of fun and energy. If you do it more often, without exceeding your limits, you will notice that the drive and energy start to increase slowly. So get more active first on a behavioural level, drive and energy will follow afterwards.

The three ingredients for a life that feels meaningful

- » Pleasurable activities such as hobbies, sitting in the sun, fun trips, etc.
- » Performance activities, such as housekeeping, (voluntary) work, sports, study, etc.
- » Social activities, such as visiting family, shopping with friends, etc.