



FOR CLIENTS WORKING ON LOW MOOD, BEHAVIORAL ACTIVATION, OR THOUGHT RECORDS

Low mood & behavioral activation

You hold the protocol; this plan maps your between-session assignments onto tools that already exist in InkWell, so the work lives on the client's phone instead of a worksheet in the glovebox. Everything below is on the free tier.

Goal

Consistent daily capture of activity and mood connection, structured perspective-taking on hard moments, and a positive-affect practice that doesn't go flat from repetition. You review adherence through a client-shared Practice Summary, then work the content in session.

Weekly assignment

WHEN	WHAT THE CLIENT DOES
Daily, 1-2 min	InkBlot quickcapture: one short entry logging what they did and how it felt. Typing or voice; voice becomes clean text automatically.
After a hard moment	Reframe: a four-step guided practice for looking at the moment from a different angle, in the client's own words. Companion to your thought-record work.
1x per week	Gratitude practice: InkWell rotates five research-cited practices (three good things, savoring, mental subtraction, gratitude letter, one thing deeply) so the exercise stays effortful instead of automatic.
Optional, per practice	FeelCheck: a 1-to-5 "how heavy does it feel" rating before and after a practice. A feel, never a score; useful for noticing shifts across the week.

What the Practice Summary shows you

- Days journaled and cadence over 7, 30, or 90 days
- Practice mix: how often Reframe, gratitude, and quick capture were used
- Writing rhythm and word-count trend
- Self-rated FeelCheck shift once enough pairs exist

Client-generated, sent to the client's own email, forwarded to you by the client. Usage patterns only; entry text, titles, and tags are never included.

Scope

- Not crisis care, and no substitute for crisis services or your clinical judgment
- Not treatment: InkWell is a wellness journaling tool and doesn't diagnose or treat
- Not a medical record: the Practice Summary is a client-shared usage snapshot
- The free tier is complete; nothing in this plan requires the client to pay