

Behavioral Activation

You can begin to decrease depression by engaging in activities you find enjoyable, and by taking care of responsibilities that you have been neglecting.

List three activities you enjoy:

- 1.
- 2.
- 3.

List three responsibilities you need to take care of:

- 1.
- 2.
- 3.

Try doing at least one activity or responsibility each day. Use the following scale to rate your depression, pleasant feelings, and sense of achievement before and after the activity.

| | | | | | | | | |
|------|---|---|---|----------|---|---|---|---------|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| None | | | | Moderate | | | | Extreme |

| Activity (location, date, time) | | Depression | Pleasure | Achievement |
|---------------------------------|---------------|------------|----------|-------------|
| | <i>Before</i> | | | |
| | <i>After</i> | | | |
| | <i>Before</i> | | | |
| | <i>After</i> | | | |
| | <i>Before</i> | | | |
| | <i>After</i> | | | |

Positive Activities for Behavioral Activation

Create a list of activities that you find rewarding. Rate each activity in two categories: How easy the activity will be for you to complete, and how rewarding it is (with 10 being very easy or rewarding, and 1 being difficult or not at all rewarding).

| ACTIVITY | EASE (1-10) | REWARD (1-10) |
|------------------------------------|-------------|---------------|
| <i>Example: Go for a walk.</i> | 9 | 6 |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |