

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

Activity (location, date, time)			
<i>Before</i>			
<i>After</i>			

Responsibility (location, date, time)			
	Depression	Pleasure	Achievement
<i>Before</i>			
<i>After</i>			

Responsibility (location, date, time)			
	Depression	Pleasure	Achievement
<i>Before</i>			
<i>After</i>			

Responsibility (location, date, time)			
	Depression	Pleasure	Achievement
<i>Before</i>			
<i>After</i>			