

Behavioural Activation Worksheet

FUN & ACHIEVEMENT

One simple way of combating depression is to prescribe some fun for yourself. By engaging in some simple, pleasant activities, you can actually improve your mood and your energy level. Try it and see!



You may also want to engage in some simple tasks or responsibilities that you have neglected for some time. Often, accomplishing tasks can improve your motivation and give you a sense of achievement. Start with tasks that are simple and achievable. BUT remember that it is important to **BALANCE** both responsibilities and pleasurable activities. Try not to go overboard on one and leave out the other.

Use the following rating 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
Absolutely None	Minimal	Slight	Mild	Moderate	Much	Higher	Very High	Extreme

		Depression	Pleasure	Achievement
<div style="border: 1px solid black; padding: 5px; min-height: 60px;">Activity & Date:</div>	Before:	_____	_____	_____
	After:	_____	_____	_____
<div style="border: 1px solid black; padding: 5px; min-height: 60px;">Activity & Date:</div>	Before:	_____	_____	_____
	After:	_____	_____	_____
<div style="border: 1px solid black; padding: 5px; min-height: 60px;">Activity & Date:</div>	Before:	_____	_____	_____
	After:	_____	_____	_____
<div style="border: 1px solid black; padding: 5px; min-height: 60px;">Activity & Date:</div>	Before:	_____	_____	_____
	After:	_____	_____	_____

What did you notice about yourself?