**What is Behavioral Activation?**

It stands to reason that the things we do affect our mood for better or worse. If we chose to lie in bed all day we may feel distinctly more depressed than if we spent time in nature. Behavioural Activation helps us to recognise how our behaviours influence our feelings. It is the key CBT skill used to help treat depression. It can be used alongside Thought Records, or as a stand alone treatment.

This CBT skill begins with activity monitoring. This helps us to track what is going on in our day and track how our mood corresponds to it. Awareness alone will not move us from a state of depression, it will, however, allow us to uncover which behaviours support our sense of happiness and wellbeing, and which reinforce low mood states.

Scroll to the next page where you will find a Behavioural Activation Activity Tracker Worksheet to work through complete with instructions.

**Behavioral Activation Worksheet**

**Step 1: Activity Tracker: reflect on your experience**

**Instructions:** Track your activity throughout the day. After completing an activity, note how you felt before, during, and after. Use this reflection to identify which activities have the most positive impact on your mood.

**Date:**

| **Time** | **Activity** | **Before (Mood Rating 1-10)** | **During (Mood Rating 1-10)** | **After (Mood Rating 1-10)** | **Comments** |
| --- | --- | --- | --- | --- | --- |
| 12-7 am |  |  |  |  |  |
| 7.00 am |  |  |  |  |  |
| 8.00 am |  |  |  |  |  |
| 9.00 am |  |  |  |  |  |
| 10.00 am |  |  |  |  |  |
| 11.00 am |  |  |  |  |  |
| 12.00 am |  |  |  |  |  |
| 1.00 pm |  |  |  |  |  |
| 2.00 pm |  |  |  |  |  |
| 3.00 pm |  |  |  |  |  |
| 4.00 pm |  |  |  |  |  |
| 5.00 pm |  |  |  |  |  |
| 6.00 pm |  |  |  |  |  |
| 7.00 pm |  |  |  |  |  |
| 8.00 pm |  |  |  |  |  |
| 9.00 pm |  |  |  |  |  |
| 10.00 pm |  |  |  |  |  |
| 11.00 pm |  |  |  |  |  |
| 12.00 pm |  |  |  |  |  |

**Step2: Identify Activities**

**Instructions:** Based on the information you gathered in the Activity Tracker, use this next worksheet to identify which activities made you feel low and which ones brought you more pleasure overall. You can also log activities that you feel improve or worsen your mood from other experiences. Continue onto a separate sheet of paper if necessary.

**Firstly list activities that you enjoy or find fulfilling. These can be small or big, simple or complex.**

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

**Drawing from your activity tracker list the activities that made your mood feel low.**

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

**Step 3: Schedule Activities**

Using your list of activities that make you feel good make a plan to engage in them throughout the week. Try to include at least one activity per day.

| **Day/time** | **Activity** |
| --- | --- |
| Monday |  |
| Tuesday |  |
| Wednesday |  |
| Thursday |  |
| Friday |  |
| Saturday |  |
| Sunday |  |

**Step 4: Review and Adjust**

At the end of the week, review your activities and mood ratings. Reflect on which activities were most beneficial and consider any adjustments for the following week.

**Weekly Reflection**

1. Which activities had the most positive impact on your mood?
2. Were there any activities that did not improve your mood?
3. What changes can you make for next week?

**Step 5: Repeat**

Continue scheduling activities each week, using your reflections to guide your choices. Consistency and variety are key to maintaining positive effects. Pick a time of day that you will check in and reflect on your Behavioural Activation Worksheet and write it below:

**Tips for Success:**

* Start with small, manageable activities.
* Be patient with yourself; change takes time.
* Mix enjoyable activities with those that give you a sense of accomplishment.
* Don’t be discouraged by setbacks; use them as learning opportunities.

Remember: Behavioral Activation is about taking action to improve your mood. The more you engage in positive activities, the better you will likely feel over time.