

## BEHAVIOR ACTIVATION EXPERIMENT

You can begin to decrease mood symptoms by engaging in activities you find pleasurable and by completing tasks that give you a sense of accomplishment.

List three activities you enjoy:

1.

2.

3.

List three activities you want to accomplish or need to take care of:

1.

2.

3.

For the next few days, try doing and documenting at least one pleasant activity or a task you want to accomplish, each day. Please rate your mood, sense of pleasure and accomplishment after you complete the activity, while your thoughts and sensations are still fresh. Use a rating scale from 0-10 to track each of these dimensions with 0 being the lowest level and 10 being the highest/most positive.

0	1	2	3	4	5	6	7	8	9	10
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Low

Moderate

High

Activity (location, date, time)	Mood	Pleasure	Accomplishment

