

## BEHAVIORAL ACTIVATION EXPERIMENT

You can start improving your mood by engaging in activities you find pleasurable and by completing tasks that give you a sense of accomplishment.

**List three activities you enjoy or think you would enjoy:**

- 1.
- 2.
- 3.

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

- 1.
- 2.
- 3.

For each of the next few days, try doing and documenting at least one pleasant activity or a task you want to accomplish. Before starting the activity, predict what your mood will be afterwards. After you complete the activity, please rate your **mood** and sense of **pleasure** and **accomplishment**, while your thoughts and sensations are still fresh. Use a rating scale from 0 to 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
	Prediction:		
	Actual:		
	Prediction:		
	Actual:		
	Prediction:		
	Actual:		