

Behavioral Activation

You can decrease depression by engaging in some activities you find enjoyable and by taking care of responsibilities you may be neglecting.

List some activities you enjoy:

- 1.
- 2.
- 3.

List some 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 doing the activity or responsibility.

0	1	2	3	4	5	6	7	8
None	Minimal	Slight	Mild	Moderate	A Lot	Higher	Very High	Extreme

Activity (location, date, time)		Depression	Pleasure	Achievement
	Before			
	After			
	Before			
	After			
	Before			
	After			