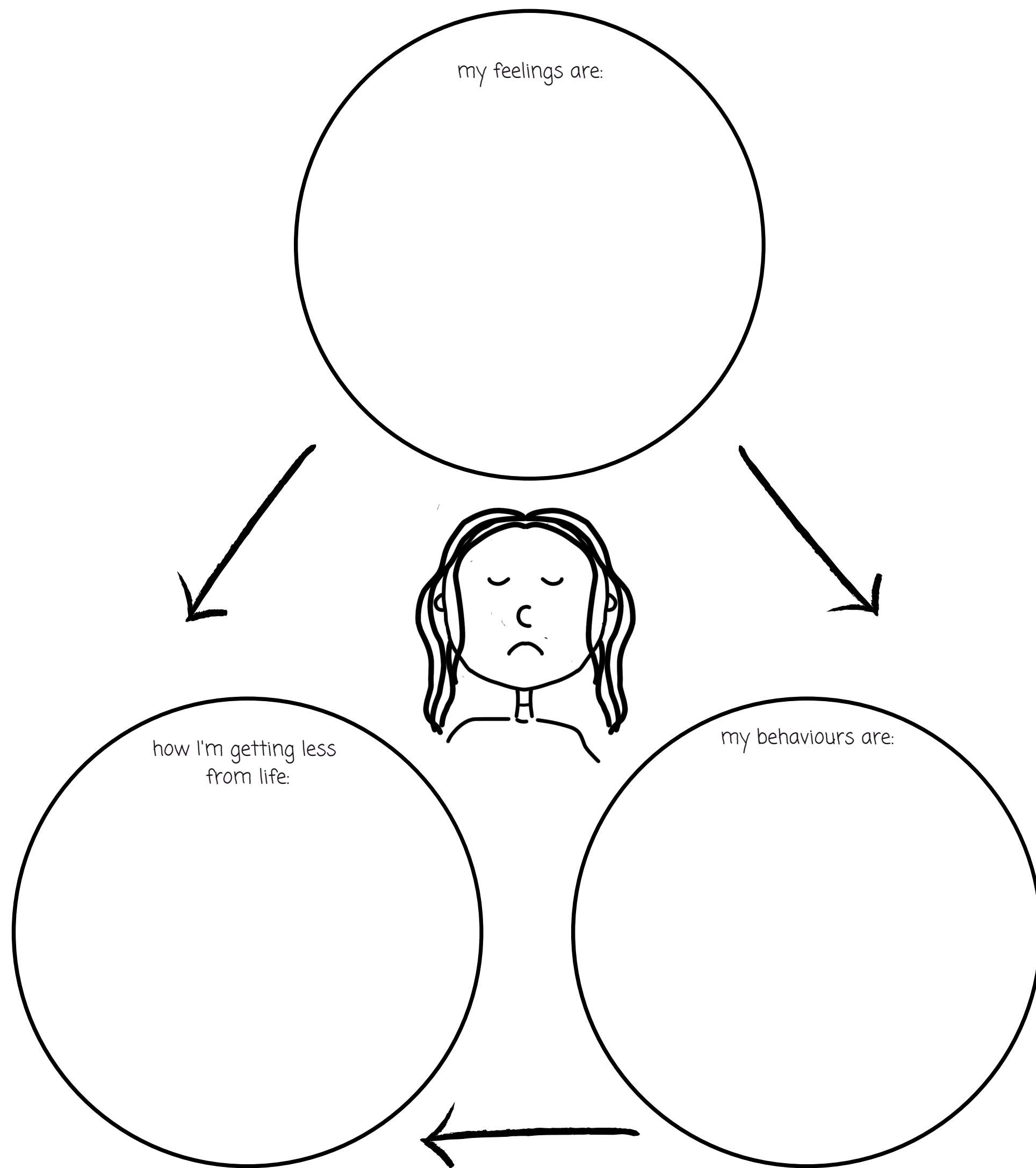


Behavioural Activation Cycles

Fill in the unhelpful behavioural activation cycle based your current **feelings** and **behaviours** (the things you do).

Fill in the helpful behavioural activation cycle based on how you would like to **feel** and **behave** (what you'd like to be doing) in the future.

unhelpful cycle



helpful cycle

