

Anhedonia Recovery Toolkit

Anhedonia is the loss of interest or pleasure in activities that were once enjoyable. This toolkit provides practical strategies to re-engage with life through structure, mindfulness, and small steps toward emotional reconnection. Use the following tools daily or weekly to track progress and increase your capacity for joy.

1. Pleasure Mapping

List activities that used to bring you joy or interest. Rank them by effort level (low, medium, high), and begin experimenting with low-effort activities first.

Activity | Effort Level (Low/Med/High) | Current Enjoyment (1-10)

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2. Daily Pleasure Log

At the end of each day, note any moments that brought even a small spark of enjoyment. This helps train the brain to notice and create new positive pathways.

Date | What I Did | How I Felt (1-10)

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3. Behavior Activation Tracker

Choose one small activity per day. Even if you don't feel like it, try to complete it. Track your completion and how you felt before and after.

Date | Activity Chosen | Mood Before (1-10) | Mood After (1-10)

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