

BEHAVIORAL ACTIVATION

You can begin to decrease depression by engaging in activities you find enjoyable, and by taking care of responsibilities that you have been neglecting. **List three activities you enjoy:**

- 1.
- 2.
- 3.

List three 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 the activity.

0	1	2	3	4	5	6	7	8
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None
Extreme

Moderate

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