

Behavioural Activation



We can reduce depression symptoms by engaging in activities we enjoy and by taking care of responsibilities we have been neglecting.

List three activities you enjoy:

- 1.
- 2.
- 3.

List three responsibilities you have been neglecting:

- 1.
- 2.
- 3.

Try completing one activity or responsibility each day and recording your sense of achievement or enjoyment of the activity. Use a 1 to 10 scale, 1 being no enjoyment/achievement.

Activity/Responsibility	Enjoyment	Achievement