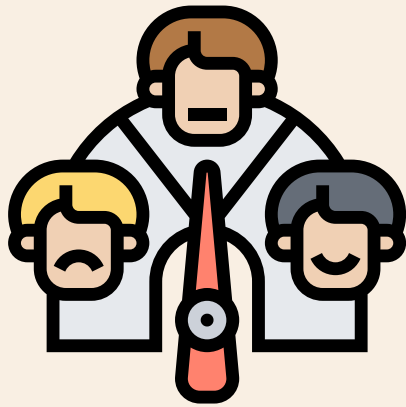




My Behavioral Activation Plan



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What is Behavioral Activation?

Behavioral activation is a therapeutic approach used to help individuals overcome depression and improve their mood. The core idea is that engaging in positive and meaningful activities can counteract feelings of helplessness and hopelessness commonly associated with depression.

1

List Activities

Identify activities that you once enjoyed or currently enjoy.

Now, identify a list of new activities that you would like to try.

2

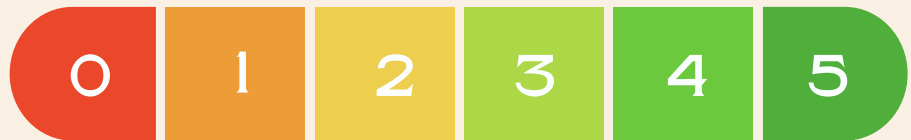
List Responsibilities

Identify responsibilities that you need to complete.

3

Rating Scale

Use the below rating scale to assess how you feel before and after engaging in the activity.



Worse

Neutral

Better

Remember:
Take small
steps.

Now list the activity and responsibility you plan to engage in. Rate how you feel before the activity and after.

Activity & Responsibility	Before	After