

# 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
None			Moderate			Extreme		

Activity (location, date, time)		Depression	Pleasure	Achievement
	<i>Before</i>			
	<i>After</i>			
	<i>Before</i>			
	<i>After</i>			
	<i>Before</i>			
	<i>After</i>			