**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:**

**List three responsibilities you need to take care of:**

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** |
|  | Before |  |  |  |
| After |  |  |  |
|  | Before |  |  |  |
| After |  |  |  |
|  | Before |  |  |  |
| After |  |  |  |