

Behavioral Activation

Re-engage with activities that build mastery and meaning.

When depression sets in, we often stop doing the things that used to feel good — and the lack of activity feeds the depression. Behavioral activation reverses the loop: schedule activities first, let mood follow.

NAME (OPTIONAL)

DATE

1. Activities that bring mastery

Things you can complete that give a sense of accomplishment (chores, projects, learning). List 3–5.

2. Activities that bring pleasure

Things you used to enjoy or might enjoy now (music, food, walks, friends). List 3–5.

3. Activities aligned with your values

Things connected to what matters to you (relationships, health, creativity, contribution). List 3–5.

4. This week's schedule

Pick 3 activities. Schedule a specific day and time for each — even if you don't feel like it. Mark them done after.

5. Mood tracking

Rate your mood (0–10) before and after each scheduled activity. Patterns to notice next week:
