



What do **YOU** experience, when you are depressed?

[illegible]

Behavioural Activation Worksheet

FUN & ACHIEVEMENT

One simple way of combating depression is to prescribe some fun for yourself. By engaging in some simple, pleasant activities, you can actually improve your mood and your energy level. Try it and see!



You may also want to engage in some simple tasks or responsibilities that you have neglected for some time. Often, accomplishing tasks can improve your motivation and give you a sense of achievement. Start with tasks that are simple and achievable. BUT remember that it is important to **BALANCE** both responsibilities and pleasurable activities. Try not to go overboard on one and leave out the other.

Use the following rating 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
Absolutely None	Minimal	Slight	Mild	Moderate	Much	Higher	Very High	Extreme

	Depression	Pleasure	Achievement
Activity & Date: <div style="border: 1px solid black; height: 60px; margin-top: 5px;"></div>	Before:	_____	_____
	After:	_____	_____
Activity & Date: <div style="border: 1px solid black; height: 60px; margin-top: 5px;"></div>	Before:	_____	_____
	After:	_____	_____
Activity & Date: <div style="border: 1px solid black; height: 60px; margin-top: 5px;"></div>	Before:	_____	_____
	After:	_____	_____
Activity & Date: <div style="border: 1px solid black; height: 60px; margin-top: 5px;"></div>	Before:	_____	_____
	After:	_____	_____

What did you notice about yourself?

WEEKLY ACTIVITY SCHEDULE

Week Beginning: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8 to 9 am							
9 to 10							
10 to 11							
11 to 12 pm							
12 to 1							
1 to 2							
2 to 3							
3 to 4							
4 to 5							
5 to 6							
6 to 7							
7 to 8							
8 to 10							
10 to 12 am							

Weekly Goals Record

Name: _____

Signature: _____

TASKS TO BE COMPLETED	How often?	Monday Date:	Tuesday Date:	Wednesday Date:	Thursday Date:	Friday Date:	Saturday Date:	Sunday Date:	Done? Y/N	Impact? 0-4
Reading		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Calming Technique		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Thought Diaries		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Pleasant Events		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Exposure tasks		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Other behavioural goals		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		

Making the Connection

Part One

Instructions: Read the following scenarios and identify the feelings that may result from the self-statements.

SCENARIO 1:

You've had a rather long and tiring day at work where you were helping a colleague move boxes of stationery and office equipment. You arrive home to find the front door ajar and two sets of muddy footprints (your son's and his dog's) on your cream-coloured carpet leading from the front door all the way to the back door.

A) You say to yourself:

"What! N@!^#*M!! I've had such a tiring day at work and now I come home to this!!!! What have I done to deserve this! We just had the carpet cleaned last week! That naughty boy! All he cares about is himself! That inconsiderate, selfish brat! I'm gonna ground him for 2 years!!!"

Possible Feelings:

B) You say to yourself:

"I've told him a thousand times not to bring the dog into the house and he never listens to me. My kids don't obey even the simplest instructions. I must be the worst mother in the world. If I can't even get this right, I must be a terrible failure."

Possible Feelings:

SCENARIO 2:

One evening, your parents ask you to go over to their house for dinner. As you arrive, you noticed that it was all dark and there were no lights on. You knock on the door and ring the doorbell but no one comes to answer the door. You turn the doorknob and find that the door is unlocked. You step in and find that the house is in total darkness. Suddenly, you hear a chorus of voices shouting, "Surprise!" The lights come on and you see a group of your friends and relatives singing "Happy Birthday" to you.

You say to yourself:

"Wow! I didn't even remember that it was my birthday! What a really nice surprise! Hey, even uncle James and aunt Bertha came and they live in the country! Everyone must think I'm pretty important to throw me this party!"

Possible Feelings:

Part Two

Instructions: Read the following scenarios and now fill in the self-statements that lead to the feelings experienced.

SCENARIO 1:

You arrive home to find a note from your flatmate telling you that they have moved out. You look around and find that everything that belongs to them is gone. Moreover, their share of the rent has not been paid.

A) You say to yourself:

Feelings:

Angry

B) You say to yourself:

Feelings:

Hurt

SCENARIO 2:

You just finished cooking dinner for you and your partner. Your partner calls to say that he/she will not be home for dinner because he/she has to work late.

A) You say to yourself:

Feelings:

Disappointed

B) You say to yourself:

Feelings:

Concerned

Thought Diary ¹

A Activating Event

This may include an actual event or situation, a thought, mental picture or physical trigger.

B Beliefs

1. List all self-statements that link A to C. Ask yourself: "What was I thinking?" "What was I saying to myself?" "What was going through my head at the time?"
2. Find the most distressing (hot) thought and mark it with an asterisk (*).
3. Rate how much you believe this thought between 0 to 100.

C Consequences

1. Write down words describing how you feel.
2. Mark the one that is most associated with the activating event using an asterisk (*).
3. Rate the intensity of this feeling between 0 to 100.

4. Jot down any physical sensations you experienced or actions carried out.

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Unhelpful Thinking Styles

Do you recognise any unhelpful thinking styles you might have been using? (Mental filter, jumping to conclusions, personalisation, catastrophising, black & white thinking, shoulding & musting, overgeneralisation, labelling, emotional reasoning, disqualifying/ignoring positives)

4. Jot down any physical sensations you experienced or actions carried out.

D Detective Work & Disputation

Detective Work: Now refer to the hot thought, and ask yourself, “What is the factual evidence for and against my hot thought?”

My HOT Thought:	
Factual Evidence For My HOT Thought	Factual Evidence Against My HOT Thought

Disputation: Ask yourself the following questions ...

- What other ways are there of viewing the situation?
- If I were not feeling this way, how would I view the situation?
- Realistically, what is the likelihood of that happening?
- How might someone else view the situation?
- Does it really help me to think this way?
- Think of some helpful self-statements

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E End Result

Balanced Thoughts: After looking at all the evidence for and against your hot thought, and having considered the disputation questions, replace the hot thought with helpful, balanced thought/s.

Re-rate Emotion: Now, re-rate the emotion you marked with an asterisk (*) in C, from 0 to 100.

Re-rate Hot Thought: Read through Detective Work & Disputation. Now re-rate how much you believe the hot thought, between 0 to 100.

OBJECTIVE:

This Thought Diary aims to help you analyze your thinking and challenge unhelpful thoughts.

INSTRUCTIONS:**Begin with section A:**

Write about an event or situation in which you felt distressed or upset. Record the situation in the same way that a video camera might record it – simply the facts.

Then go to section C:

Write down the words that best describe your feelings. Choose one that best describes how you feel in this situation. Underline this word & rate the intensity of the emotion from 0 to 100. When you have finished, also write down any actions you may have carried out.

Now complete section B:

List all the thoughts, beliefs, values, attitudes, and expectations you had about “A” that caused the feelings and actions in “C.” Use the automatic thought discovery questions available. Find the “Hot thought”, the thought that best relates to the emotion you underlined in “C”. Rate how much you believe this statement on a scale from 0 to 100.

Turn to section D, the section in which you concentrate on change and coping. Go through the disputation questions.

Finally, complete section E: Balanced Thinking and re-rate your previous thought and feeling.



Thought Diary 2

Name: _____

Day & Date: _____

MOOD MANAGEMENT COURSE**COMPLETE THIS SECTION LAST****E Evaluation: Balanced Thought**

After looking at all the evidence for and against your hot thought, and having considered the disputation questions, replace the hot thought with helpful, balanced thought/s.

Re-rate Emotion: re-rate the emotion you underlined in C, from 0 to 100:

Re-rate Hot Thought: re-rate how much you believe the hot thought, between 0 to 100:

A

Activating Event

This may be either: An actual event or situation, a thought, mental picture or recollection.

C

Consequences

1. Write down words describing how you feel.
2. Underline the one that is most associated with the activating event.
3. Rate the intensity of that feeling (0 to 100).

4. Jot down any physical sensations you experienced or actions carried out.

Beliefs

1. List all statements that link A to C. Ask yourself: "What was I thinking?" "What was I saying to myself?" "What was going through my head at the time?"
2. Find the most distressing (hot) thought and underline it
3. Rate how much you believe this thought between 0 to 100.

Unhelpful Thinking Styles:

- ☐ Mental Filter
- ☐ Jumping to Conclusions
(Mind reading/emotional reasoning)
- ☐ Personalisation
- ☐ Catastrophising
- ☐ All or Nothing
- ☐ Shoulding & Musting
- ☐ Labelling
- ☐ Overgeneralisation
- ☐ Disqualifying/Ignoring positives

Disputation

1. Check the evidence

Factual evidence FOR my hot thought:

Factual evidence AGAINST my hot thought:

2. Challenge unhelpful thinking styles

Answer the disputation questions that apply to the unhelpful thinking styles you've ticked.

3. Change my perspective

What are other ways of viewing the situation? What would you say to someone you care about? To change how you act, how would you need to think differently?

Core Beliefs Worksheet

Core belief to be challenged:

Experiences that show that this belief is not COMPLETELY true ALL the time:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Balanced core belief:

Core belief to be tested:

Task/s:

Prediction:

What actually happened:

Conclusion:

Balanced core belief:

Thinking

Social Activities

Pleasant Activities

Healthy



ME

Exercise

Relaxation

Self-Care

Social Support

Goals

Goal Setting

Date: _____

Think back to the last 3 to 6 months. Ask yourself, “What have I achieved or done well at? Can I do better in some areas?”

What I have achieved (or done well) in the last 3 to 6 months	Some areas for improvement



Set some goals for yourself for the next 3 to 6 months. Be specific. What would you like to achieve? What would you like to see happening in your life? How would you like to change? *(Remember to make your goals realistic — that means that they should be achievable within the time frame you have set).*

Goals:
