

# Behavioural activation worksheet

Plan one small activity a day. Rate it before and after. Over a week, you'll see which activities lift your mood.

Name \_\_\_\_\_ Week starting \_\_\_\_\_

1. **Plan** a small activity and a time. Need ideas? [inzention.com/activities](https://www.inzention.com/activities) has 142.
2. **Before**, rate what you expect, 0 to 10: achievement (A), closeness to others (C), enjoyment (E).
3. **Do it**, even if you don't feel like it.
4. **After**, rate what you got, how important it was, and circle how you feel now.

|     |      |          | Before: what I expect (0–10) |   |   | After: what I got (0–10) |   |   |               |                                            |
|-----|------|----------|------------------------------|---|---|--------------------------|---|---|---------------|--------------------------------------------|
| Day | Time | Activity | A                            | C | E | A                        | C | E | How important | How do I feel now?                         |
| Mon |      |          |                              |   |   |                          |   |   |               | Worse · Same<br>A bit better · Much better |
| Tue |      |          |                              |   |   |                          |   |   |               | Worse · Same<br>A bit better · Much better |
| Wed |      |          |                              |   |   |                          |   |   |               | Worse · Same<br>A bit better · Much better |
| Thu |      |          |                              |   |   |                          |   |   |               | Worse · Same<br>A bit better · Much better |
| Fri |      |          |                              |   |   |                          |   |   |               | Worse · Same<br>A bit better · Much better |
| Sat |      |          |                              |   |   |                          |   |   |               | Worse · Same<br>A bit better · Much better |
| Sun |      |          |                              |   |   |                          |   |   |               | Worse · Same<br>A bit better · Much better |

A = sense of achievement · C = how close to other people you felt · E = enjoyment. 0 = none, 10 = a lot.

From Bloom · [inzention.com](https://www.inzention.com) · A planning aid, not a treatment.