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Behavioral Activation Worksheet

This activity is used to help you schedule and engage with pleasurable activities when in the middle of a depressive cycle. The goal is to try to increase your contact with your physical and social environment. This can be really challenging when you are depressed, but having a regular set of routines and activities can really help.

Start by thinking of what you would find rewarding or pleasurable. Include things that keep you engaged with other people, increase your sense of competence, and things that might allow you to experience emotions other than depression. Check the list below for inspiration.

List of activities that you enjoy:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Try to schedule some of these activities! Find a balance between fun tasks and tasks that give you a sense of accomplishment. Start with the smallest, simple and achievable ones. You can go so far as rating 1-10 before and after doing something.

Activity & Time	Rating	Depression	Pleasure	Achievement
	Before: After:			
	Before: After:			
	Before: After:			
	Before: After:			

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Big List of Examples (Feel free to add your own):

- Going to a quiz or trivia night
- Spending time in nature
- Watching the clouds drift by
- Debating
- Painting my nails
- Going ice skating, roller skating/blading
- Scheduling a day with nothing to do
- Giving positive feedback about something (e.g. writing a letter or email about good service)
- Feeding the birds
- Spending an evening with good friends
- Making jams or preserves
- Going out to dinner
- Buying gifts
- Having a political discussion
- Repairing things around the house
- Washing my car
- Going on public transportation
- Just sit outside on a bench
- Borrow a friends pet and play with them
- Eat your favorite ice cream
- Watching TV, videos
- Sending a loved one a card in the mail
- Baking something to share with others (e.g. family, neighbours, friends, work colleagues)
- Go fencing
- Taking a sauna, spa or a steam bath
- Having a video call with someone who lives far away
- Organizing my wardrobe
- Playing musical instruments
- Going to the ballet or opera
- Lighting scented candles, oils or incense
- Spending time alone
- Exercising
- Putting up a framed picture or artwork
- Flirting
- Entertaining
- Riding a motorbike
- Wine tasting
- Going to the planetarium or observatory
- Birdwatching
- Doing something spontaneously
- Going on a picnic
- Having a warm drink
- Massaging hand cream into my hands
- Fantasizing about the future
- Laughing
- Flying a plane
- Playing tennis or badminton
- Jogging, walking
- Going to open houses
- Researching a topic of interest
- Going to the beach
- Redecorating
- Volunteering for a cause I support
- Smelling a flower
- Opening the curtains and blinds to let light in
- Going to the zoo or aquarium
- Doing jigsaw puzzles
- Donating old clothes or items to charity
- Lying in the sun
- Learning a magic trick
- Talking on the phone
- Listening to a podcast or radio show
- Walking around my city and noticing the architecture of buildings

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- Doing arts and crafts
 - Sketching, painting
 - Mowing the lawn
 - Going horseback riding
 - Doing the dishes
 - Sitting outside and listening to the city or nature
 - Going to a free public lecture
 - Travelling to national parks
 - Going to a fair
 - Playing cards
 - Putting moisturising cream on my face/body or doing a skincare routine
 - Volunteering at an animal shelter
 - Re-watching a favorite movie
 - Gardening
 - Going camping
 - Playing volleyball
 - Going bike riding
 - Entering a competition
 - Doing crossword puzzles
 - Patting or cuddling my pet
 - Cooking a special meal
 - Soaking in the bathtub
 - Having a treatment at a day spa (e.g. facial)
 - Putting extra effort into my appearance
 - Playing golf
 - Doing a favor for someone
 - Building something
 - Clearing my email inbox
 - Planting a terrarium
 - Playing lawn games (e.g. bowls, cornhole)
 - Going to a party
 - Getting out of debt/paying debts
 - Seeing and/or showing photos
 - Going on a city tour
 - Going to an agricultural show
 - Flipping through old photo albums
 - Upcycling or creatively reusing old items
 - Going sailing
 - Stretching muscles
 - Maintaining a musical instrument (e.g. restringing guitar)
 - Playing soccer
 - Buying clothes
 - Going to the botanic gardens
 - Going to a scenic spot and enjoying the view
 - Going to the speedway
 - Snuggling up with a soft blanket
 - Listening to an audiobook
 - Going to see live stand-up comedy
 - Writing down a list of things I am grateful for
 - Maintaining an aquarium
 - Playing Frisbee
 - Teaching a special skill to someone else (e.g. knitting, woodworking, painting, language)
 - Playing chess (with a friend or at a local club)
 - Going to a games arcade
 - Jumping on a trampoline
 - Sending a text message to a friend
 - Going fishing
 - Doodling
 - Putting a vase of fresh flowers in my house
 - Participating in a protest I support
 - Going to a movie

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- Surfing, bodyboarding or stand up paddle boarding
- Baking home-made bread
- Walking barefoot on soft grass
- Watching a movie marathon
- Skipping/ jumping rope
- Being physically intimate with someone I want to be close to
- Going to karaoke
- Wearing an outfit that makes me feel good
- Cooking some meals to freeze for later
- Hobbies (stamp collecting, model building, etc.)
- Talking to an older relative and asking them questions about their life
- Looking at pictures of beautiful scenery
- Having family get-togethers
- Listening to music
- Learning a new language
- Taking a free online class
- Working
- Washing my hair
- Singing around the house
- Going swimming
- Decluttering
- Going rock climbing
- Whittling
- Going on a ride at a theme park or fair
- Arranging flowers
- Going to the gym
- Working on my car or bicycle
- Juggling or learning to juggle
- Contacting an old school friend
- Calligraphy
- Sleeping
- Driving
- Going crabbing
- Playing with my pets
- Going kayaking, canoeing or white-water rafting
- Listening to the radio
- Doing Sudoku
- Planting vegetables or flowers
- Walks on the riverfront/foreshore
- Shooting pool or playing billiards
- Getting an indoor plant
- Surfing the internet
- Doing embroidery, cross stitching
- Browsing a hardware store
- Donating blood
- Buying books
- Meditating
- Training my pet to do a new trick
- Planning a day's activities
- Waking up early, and getting ready at a leisurely pace
- Going to a Bingo night
- Playing ping pong / table tennis
- Buying an ice-cream from an ice-cream truck
- Going on a hot air balloon ride
- Sightseeing
- Organizing my work space
- Writing (e.g. poems, articles, blog, books)
- Dancing in the dark
- Listening to classical music
- Photography
- Watching funny videos on YouTube
- Doing something religious or spiritual (e.g. going to church, praying)
- Seeing a movie at the drive-in or outdoor cinema

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- Making my bed with fresh sheets
 - Lifting weights
 - Early morning coffee and newspaper
 - Planning a themed party (e.g. costume, murder mystery)
 - Wearing comfortable clothes
 - Shining my shoes
 - Acting
 - Meeting new people
 - Doing 5 minutes of calm deep breathing
 - Buying new stationary
 - Turning off electronic devices for an hour (e.g. computer, phone, TV)
 - Buying music (MP3s, CDs, records)
 - Relaxing
 - Going to a game (or rugby, soccer, basketball, etc.)
 - Going skiing
 - Doing woodworking
 - Planning a nice surprise for someone else
 - Playing video games
 - Holding a garage sale
 - Saying "I love you"
 - Making a playlist of upbeat songs
 - Coloring in
 - Playing laser tag or paintball
 - Joining a community choir
 - Doing a nagging task (e.g. making a phone call, scheduling an appointment, replying to an email)
 - Taking a ferry ride
 - Shaping a bonsai plant
 - Watching planes take off/ land at the airport
 - Planning my career
 - Reading non-fiction
 - Writing a song or composing music
 - Taking my dog to the park
 - Borrowing books from the library
 - Having a barbecue
 - Sewing
 - Dancing
 - Having lunch with a friend
 - Talking to or introducing myself to my neighbors
 - Holding hands
 - Having an indoor picnic
 - Reading classic literature
 - Going on a date
 - Taking children places
 - Going whale watching
 - Putting on perfume or cologne
 - Digging my toes in the sand
 - Hitting golf balls at a driving range
 - Reading magazines or newspapers
 - Calling a friend
 - Sending a handwritten letter
 - Going snorkelling
 - Going hiking, bush walking
 - Reading fiction
 - Pampering myself at home (e.g. putting on a face mask)
 - Watching my children play
 - Going to a community or school play
 - Making jewelry
 - Reading poetry
 - Getting/giving a massage
 - Shooting hoops at the local basketball courts
 - Flying kites
 - Savouring a piece of fresh fruit
 - Playing hockey

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- Eating outside during my lunch break
 - Floating on a pool lounge
 - Making a pot of tea
 - Doing a DIY project (e.g. making homemade soap, making a mosaic)
 - Taking care of my plants
 - Telling a joke
 - Going to a public place and people watching
 - Discussing books
 - Going window shopping
 - Watching boxing, wrestling
 - Giving someone a genuine compliment
 - Practicing yoga, Pilates
 - Walking around the block
 - Shaving
 - Genuinely listening to others
 - Participating in a clean-up (e.g. picking up litter at the beach or park)
 - Eating fish and chips at the beach
 - Rearranging the furniture in my house
 - Doing water aerobics
 - Blowing bubbles
 - Buying new furniture
 - Going to a free art exhibition
 - Making a 'To-Do' list of tasks
 - Travelling abroad, interstate or within the state
 - Having quiet evenings
 - Singing in the shower
 - Browsing at a second hand book shop
 - Test driving an expensive car
 - Refurbishing furniture
 - Exchanging emails, chatting on the internet
 - Knitting/crocheting/quilting
 - Napping in a hammock
 - Skipping stones on the water
 - Doing ballet, jazz/tap dancing
 - Archery
 - Visiting a grandparent
 - Making a gift for someone
 - Having discussions with friends
 - Trying a new recipe
 - Signing up for a fun run
 - Scrapbooking
 - Accepting an invitation
 - Cooking an international cuisine
 - Solving riddles
 - Scuba diving
 - Watching home videos
 - Building a sand castle
 - Planning a holiday
 - Sitting at the beach or river and watching the movement of the water
 - Watching fireworks
 - Making home-made pizza
 - Cheering for a sports team
 - Origami
 - Doing something nostalgic (e.g. eating a childhood treat, listening to music from a certain time in my life)
 - Joining a club (e.g. film, book, sewing, etc.)
 - Lighting candles
 - Going bowling
 - Going to museums, art galleries
 - Reading comics
 - Having coffee at a cafe
 - Trying new hairstyles
 - Taking a road trip
 - Watching a fireplace or campfire
 - Whistling
 - Playing darts

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- Going to a flea market or farmers market
- Working from home
- Buying a meal from a food truck or hawkers market and eating outdoors
- Operating a remote control car / plane
- Playing board games (e.g. Scrabble, Monopoly)
- Savoring a piece of chocolate
- Hunting for a bargain at an op shop, garage sale or auction
- Buying, selling stocks and shares
- Going to plays and concerts
- Buying fresh food at the market
- Beachcombing
- Dining out at a restaurant or café
- Harvesting home grown produce
- Exploring with a metal detector
- Giving someone a hug
- Taking a holiday
- Going to the hairdresser or barber
- Swimming with dolphins
- Picking flowers
- Going to the beauty salon
- Buying myself something nice
- Playing squash
- Watching a sunset or sunrise
- Star gazing
- Watching a funny TV show or movie
- Making pottery, or taking a pottery class
- Playing mini golf
- Recycling old items
- Going to a water park
- Practicing karate, judo
- Boxing a punching bag
- Cleaning
- Driving a Go Kart
- Daydreaming
- Learning about my family tree
- Picking berries at a farm
- Watching kids play sport
- Setting up a budget
- Writing a positive comment on a website /blog
- Getting a manicure or pedicure
- Collecting things (coins, shells, etc.)
- Eating something nourishing (e.g. chicken soup)
- Babysitting for someone
- Taking a class (e.g. cooking, improvisation, acting, art)
- Combing or brushing my hair
- Writing diary/journal entries
- Write a letter when you are feeling good and keep it with you when you're feeling upset
- Make a list of 10 things you're good at or that you like about yourself when your feeling good, and keep it to read when you're feeling upset
- Write about a crazy, funny, meaningful thing that has happened to you
- Make a list of 10 celebrities you would like to be friends with or date and describe why
- Write a letter to someone who has made your life better and tell them why (you don't have to send it if you don't want)

Others: