



My Behavioural Activation Worksheet

Log what you do and how it feels, think about what matters to you, plan small scheduled activities, rate them afterwards and review. Self-help, not therapy. If you are thinking about harming yourself, stop and see selfgrowth.org/help.

01 Before I start: a quick check

This sheet is for low mood in everyday life. Thoughts of ending your life or hurting yourself are serious. If any of the first four apply, set the worksheet aside and use the support lines below.

Tick any that are true right now:

- ☐ I am having thoughts of ending my life or hurting myself
- ☐ I feel unsafe, or someone close to me frightens me
- ☐ My low mood is making it hard to eat, sleep, work or look after myself
- ☐ My low mood has lasted two weeks or more
- ☐ None of these. I want to try some small steps

If I ticked any of the first four, the person or line I will contact first (my GP, a friend, Samaritans 116 123, 988 in the US, findahelpline.com) is:

02 Step 1: what I actually do (activity log)

For two or three ordinary days, note what you did at different points of the day. Rate three things from 1 to 10: your mood, how much it gave you a sense of achievement (you got something done, however small), and how much you enjoyed it. A rest or a meal counts. Rate honestly, not kindly or harshly. There is no right pattern.

[illegible]

03 What the log shows

Read your log back like a detective, not a judge. You are looking for links between what you did and how you felt, not for proof of anything.

Which activities came with a higher mood, even slightly?

Which gave me a sense of achievement, and which gave me enjoyment? Were they the same ones?

What did I do less of, or stop doing, that I used to do?

Did my mood change across the day or between days? What was happening around then?

04 Step 2: what matters to me

Small steps work better when they point somewhere you care about. A value is a direction, such as being kind, staying curious or being around people, not a goal you finish. Write a few things that matter to you in each area, even if you are not doing them much at the moment. Skip any area that does not apply.

Relationships and people (family, friends, neighbours)

e.g. being a good friend, staying in touch

1. _____
2. _____

Looking after myself (body, rest, food, health)

1. _____
2. _____

Work, study or things I contribute

1. _____
2. _____

Interests, creativity, nature, fun

1. _____
2. _____

One thing I used to do that mattered to me and I have dropped:

05 Step 3: choose three small activities and schedule them

Choose three activities for the coming week. At least one should be linked to something you wrote above, and at least one should be tiny. Give each a day, a time and a place. A plan with a when and a where is easier to start than 'sometime this week'. Do not wait until you feel like it. The aim is to act, then notice what happens.

Activity	When	Where / with whom	Smaller version if it feels too much
Small and specific	Day and time		
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

How likely am I to do these, as planned? (If it is under 7, make the steps smaller.)

1	2	3	4	5	6	7	8	9	10
Not likely					Certain				

What might get in the way, and what will I do if it does?

06 Step 4: do it, then rate it

After each planned activity, fill in one row. Rate how you felt before and after, and the achievement and enjoyment you got. If you did not do it, write that down without blame and note what got in the way. That is useful information for the next plan.

Activity	Mood before	Mood after	Achievement	Enjoyment
And did I do it? Y / part / no	1 to 10	1 to 10	1 to 10	1 to 10

07 Step 5: review and next week

Look at your ratings. A small change, or none, is still information. Mood does not always rise straight away, and some activities pay off in achievement rather than enjoyment.

What did I notice about how what I did affected how I felt?

For next week, I will:

- ☐ Keep an activity that helped
- ☐ Make a step smaller because it was too much
- ☐ Swap an activity for something closer to what matters to me
- ☐ Add one more small activity
- ☐ Talk to my GP or someone I trust about how I have been feeling

My plan for next week, in a sentence:

When you're done, a moment to reflect

- What do you do less of when your mood is low, and what does that cost you?
- Which activity gave you the most, and was it achievement, enjoyment or both?
- What tiny step would still be worth doing on your worst day?
- Which value, from the section above, could you act on this week in a small way?
- Who could you tell about this plan so it is easier to follow through?

Free worksheet from selfgrowth.org. Free self-growth worksheets for real life. Fill it in online and it saves as you go: selfgrowth.org/worksheets/behavioral-activation-worksheet



If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at findahelpline.com. If you're in immediate danger, call your local emergency number.