

Chapter 6: BEHAVIOURS



IF THIS SKILL SEEMS TO WORK WELL FOR YOU,
PLACE A CHECK MARK IN THE TOOLBOX

228



Behavioural Activation Worksheet

This table outlines several actions used commonly for self-care in depression and in **Behavioural Activation**. Add a check mark whenever you do one of the activities below.

Activity	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Self-care: shower or bathe, shave, teeth, etc.							
Nourish with food: check for each meal or snack							
Sleep: check for actions that promote sleep, even if you don't							
Exercise: (formal/informal) number of minutes, however small							
Pleasure Activities/Hobbies: check for each							
Small Task or Goal (accomplishment): accomplish one each day							
Social Contact (if nourishing): enough but not too much							
Good for Me(s): check for each							
Self-Compassion: even as filling out this chart							
STOP-SPOT-SWAP Unhelpful Thoughts: check for each time							