

**Worksheet**

US English

# Behavioral Activation Activity Planning Diary



# Behavioral Activation Activity Planning Diary

## Description

Learning theories propose that depression is the result of losing touch with sources of positive reinforcement: falling into habits of inactivity (or the wrong kinds of activity) lead to a lowering of mood. Once people feel depressed they may lack motivation, become less active, experience less positive reinforcement, and the cycle repeats or exacerbates. A behavioral approach to overcoming the vicious cycle of depression is to increase one's level of activity even in the absence of feelings of motivation. This approach is called behavioral activation (BA) and there is strong evidence that it is an effective treatment for depression (Ekers et al, 2014), with equivalent effect sizes to treatments such as cognitive therapy (Jacobson et al, 1996). Modern approaches to BA include Martell, Addis & Jacobson's package *Depression in context: Strategies for guided action* (2001), and Lejuez, Hopko & Hopko's package *Brief Behavioral Activation Treatment For Depression* (BATD: 2001).

Different behavioral activation protocols include a variety of treatment components, but all contain steps of activity monitoring and activity scheduling (Kanter et al, 2010). The function of activity scheduling within BA is to increase contact with sources of positive reinforcement in the individual's environment. While early forms of BA focused on scheduling pleasant events, other variants of BA have begun to use alternative criteria for choosing activation targets (Kanter et al, 2010): Beck et al (1979) recommended targeting behaviors which resulted in sense of mastery (accomplishment) as well as pleasant events; Martell et al (2001) encourages the scheduling of activities as alternatives to avoidance and rumination; and Lejuez et al (2001) encourage a focus on scheduling activities that are in line with a client's values.

This *Behavioral Activation Activity Planning Diary* is a worksheet designed for activity scheduling within BA. This diary is in a weekly format and includes sections for: recording planned activity in the morning / afternoon / evening; prompts to help clients to record the most helpful kinds of information.

## Instructions

*"Scheduling activities (planning in advance where, when & how you will do them) makes it much more likely that you will carry them*

out. Now that we have spent some time thinking about the activities that you want to try, it is time to schedule some activities for the next week. Use the activity planning diary and write down the activities that you will do, and when you will do them.”

Clients are more likely to engage in an activity if the plan is specific about what the behavior is, where it will take place, and who it will be done with. An additional optional step is to spent time considering in advance any obstacles and how they might be overcome.

## References

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- Jacobson, N. S., Dobson, K. S., Truax, P. A., Addis, M. E., Koerner, K., Gollan, J. K., ... & Prince, S. E. (1996). A component analysis of cognitive-behavioral treatment for depression. *Journal of Consulting and Clinical Psychology*, 64(2), 295.
- Kanter, J. W., Manos, R. C., Bowe, W. M., Baruch, D. E., Busch, A. M., & Rusch, L. C. (2010). What is behavioral activation?: A review of the empirical literature. *Clinical Psychology Review*, 30(6), 608-620.
- Lejuez, C. W., Hopko, D. R., & Hopko, S. D. (2001). A brief behavioral activation treatment for depression: Treatment manual. *Behavior Modification*, 25, 255–286.

# Behavioral Activation Activity Planning Diary

Record what you will do during each time period.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Morning</b>  <ul style="list-style-type: none"><li>• <b>What</b> will you do?</li><li>• <b>Where</b> will you do it?</li><li>• <b>Who</b> will you do it with?</li></ul>							
<b>Afternoon</b>  <ul style="list-style-type: none"><li>• <b>What</b> will you do?</li><li>• <b>Where</b> will you do it?</li><li>• <b>Who</b> will you do it with?</li></ul>							
<b>Evening</b>  <ul style="list-style-type: none"><li>• <b>What</b> will you do?</li><li>• <b>Where</b> will you do it?</li><li>• <b>Who</b> will you do it with?</li></ul>							

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Record what you will do during each time period.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Morning</b>  <ul style="list-style-type: none"> <li>• What will you do?</li> <li>• Where will you do it?</li> <li>• Who will you do it with?</li> </ul>	Get up at 8am  Eat breakfast  Walk to work	Get up at 8am  Eat breakfast  Bus to work	Get up at 8am  Eat breakfast  Walk to work	Get up at 8am  Eat breakfast  Bus to work	Get up at 8am  Eat breakfast  Walk to work	Lie in until 9am but no later  Call my mom for a catch-up	Get up at 8am  Exercise
<b>Afternoon</b>  <ul style="list-style-type: none"> <li>• What will you do?</li> <li>• Where will you do it?</li> <li>• Who will you do it with?</li> </ul>	Have lunch with a friend	Take a walk at lunch	Lunch with a friend	Take a walk at lunch	Have lunch with a friend	Go and visit the museum  Have lunch out	Take a trip to the city
<b>Evening</b>  <ul style="list-style-type: none"> <li>• What will you do?</li> <li>• Where will you do it?</li> <li>• Who will you do it with?</li> </ul>	Go to the cinema to watch a film with a friend  Early bedtime 10pm	Exercise - gym or swim	Choose an episode to watch on TV after doing chores	Treat self to a bath and read a book  Call Dad	Zumba class 'Life admin'  Nice meal	Research some clubs to join	Take a trip to the city

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