NEW RIVER HEALING, LLC

Behavioral Activation Planner

Small steps that move mood in the right direction

Name: _____ **Date:** _____ **Therapist:** Nathan Cooke, LCSW

Action first, motivation second

Depression tells you to wait until you feel like doing something. But when we pull back from life, mood usually drops further, which makes it even harder to start. Behavioral activation reverses that cycle: you plan small, doable activities and do them whether or not you feel like it. Mood tends to follow action, not the other way around.

After each activity, rate two things from 0 to 10. Mastery (M) is how much it gave you a sense of accomplishment. Pleasure (P) is how much you enjoyed it. Low numbers still count. Doing it is the win.

ACTIVITY IDEAS (check a few to try)

Routine	Pleasure	Connection	Body
☐ Shower and get dressed	☐ Listen to a favorite album	☐ Text a friend	☐ Walk around the block
☐ Do the dishes	☐ Sit outside for 10 minutes	☐ Call a family member	☐ Stretch for 5 minutes
☐ Pay one bill	☐ Read a few pages	☐ Coffee with someone	☐ Drink a glass of water
☐ Make the bed	☐ Cook something new	☐ Go where people are	☐ Get morning light
☐ Make a real meal	☐ Watch something funny	☐ Help someone small	☐ Go to bed on time

Make it easier to start

- ▸ **Shrink it.** Find the 5-minute version. "Clean the kitchen" becomes "wash five dishes."
- ▸ **Schedule it.** Give it a day and time. A plan beats a good intention.
- ▸ **Do it anyway.** Expect not to feel like it. That is the depression talking, not a sign to skip.
- ▸ **Mix it up.** Balance things you should do with things you enjoy.
- ▸ **Be kind about misses.** If a plan falls through, choose a smaller step and try again.

What matters to me, and one small step toward it this week

Family, health, friendship, work, faith, creativity, nature, learning...

_____

_____

_____

MY WEEK

Write one planned activity in each box you'd like to use. Afterward, rate Mastery (M) and Pleasure (P) from 0 to 10, and rate your overall mood each evening.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning	_____ _____ _____ M___ P___	_____ _____ _____ M___ P___	_____ _____ _____ M___ P___	_____ _____ _____ M___ P___	_____ _____ _____ M___ P___	_____ _____ _____ M___ P___	_____ _____ _____ M___ P___
Midday	_____ _____ _____ M___ P___	_____ _____ _____ M___ P___	_____ _____ _____ M___ P___	_____ _____ _____ M___ P___	_____ _____ _____ M___ P___	_____ _____ _____ M___ P___	_____ _____ _____ M___ P___
Afternoon	_____ _____ _____ M___ P___	_____ _____ _____ M___ P___	_____ _____ _____ M___ P___	_____ _____ _____ M___ P___	_____ _____ _____ M___ P___	_____ _____ _____ M___ P___	_____ _____ _____ M___ P___
Evening	_____ _____ _____ M___ P___	_____ _____ _____ M___ P___	_____ _____ _____ M___ P___	_____ _____ _____ M___ P___	_____ _____ _____ M___ P___	_____ _____ _____ M___ P___	_____ _____ _____ M___ P___
Mood *0–10*	____	____	____	____	____	____	____

Looking back on the week	Planning next week
Which activities lifted my mood the most? _____ _____	**Keep doing:** _____ _____
What got in the way? _____ _____	**One new thing to try:** _____ _____