

# Behavioral Activation Toolkit

## Worksheet 1: Exploring and Changing Behaviors

### Step 1: Reflect on Your Current Behaviors

Think about the activities you've been avoiding or doing less frequently because of your mood.

Write them below:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Step 2: Identify Small, Positive Actions

Choose one small, manageable activity you can try this week. This could be something meaningful or enjoyable:

- Activity: \_\_\_\_\_

### Step 3: Plan It Out

Schedule a time to complete the activity. Write it here:

- Day and Time: \_\_\_\_\_

### Step 4: Reflect on Your Experience

After completing the activity, answer the following:

- How did you feel before starting? (Rate 1-10): \_\_\_\_\_
- How did you feel after completing it? (Rate 1-10): \_\_\_\_\_
- What went well? \_\_\_\_\_
- What was challenging? \_\_\_\_\_