

Worksheet

Professional Version | US English

Activity Selection



Description

Behavioral activation is an evidence based treatment for depression. The kinds of activities chosen will influence how likely clients are to complete them, and the kinds of benefits they experience from completing them. This *Activity Selection* worksheet helps clients to reflect upon the kinds of activities which would make their lives richer or more meaningful, and then encourages them to rank these activities in a hierarchy from least to most difficult. They can then be encouraged to attempt activities in this order for 'quick wins'.

Instructions

Clients should be encouraged to generate a list of activities which they believe would make their lives richer or more meaningful. These can then be ranked according to how easy or difficult they would be to achieve. Once a hierarchy has been generated clients can be encouraged to engage in their self-generated activities from the least to the most difficult.

References

Jacobson, N.S., Dobson, K.S., Truax, P.A., Addis, M.E., Koerner, K., Gollan, J.K., Gortner, E. and Prince, S.E. (1996). A component analysis of cognitive-behavioral treatment for depression. *Journal of Consulting and Clinical Psychology*, 64(2), 295-304.

Activity Selection

Identify ten activities that are important to you – activities that would make your life richer or more meaningful (you could use the values worksheet to help you do this). Write ten activities on this form. Then rank each activity according to how difficult it would be to accomplish, where 1 is the easiest and 10 is the hardest.

Activity	Rating 1 = least difficult to accomplish 10 = most difficult to accomplish

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