

Worksheet

Professional Version | US English

CBT Daily Activity Diary With Enjoyment & Mastery Ratings



Description

Activity diaries are a crucial information-gathering tool. They can be used for activity monitoring during an assessment phase of therapy, symptom monitoring during therapy, correlating activity with symptoms, or activity scheduling as part of behavioral activation. This *CBT Daily Activity Diary With Enjoyment And Mastery Ratings* includes spaces to record activity for 1 hour time slots throughout the day, as well as space to record mastery (achievement) and pleasure (enjoyment) associated with each activity.

Instructions

For *activity monitoring* clients should be instructed to record their activity in the 1 hour time slots throughout the day.

For *activity scheduling* clients should be instructed to plan and schedule desired activities in advance, and to record whether the scheduled activities were completed.

Mastery (a sense of achievement) and pleasure (a sense of enjoyment) should be recorded alongside each activity.

References

Beck, A.T., Rush, A.J., Shaw, B.F., & Emery, G. (1979). *Cognitive therapy of depression*. New York: Guilford.

Daily Activity Diary

1. Record: what you were doing during each time slot.

2. For each box rate ENJOYMENT and MASTERY (sense of achievement) from 0 (not at all) to 10 (a lot).

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:00 – 07:00	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =
07:00 – 08:00	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =
08:00 – 09:00	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =
09:00 – 10:00	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =
10:00 – 11:00	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =
11:00 – 12:00	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =
12:00 – 13:00	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =
13:00 – 14:00	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =
14:00 – 15:00	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =
15:00 – 16:00	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =
16:00 – 17:00	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =
17:00 – 18:00	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =
18:00 – 19:00	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =
19:00 – 20:00	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =
20:00 – 21:00	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =
21:00 – 22:00	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =
22:00 – 23:00	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =
23:00 – 00:00	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =	E = M =

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