

# Worksheet

Professional Version | US English

# Mastery And Pleasure Activity Diary



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## Description

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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 *Mastery And Pleasure Activity Diary* 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.

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## Instructions

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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.

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## References

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

# Mastery And Pleasure Activity Diary

Record what you **did** during each time slot.

How much was each activity an achievement – an experience of **mastery**? Give each activity a rating between 0 and 10.

How much did you enjoy the activity – how **pleasurable** was it? Give each activity a rating between 0 and 10.

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

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