

List three activities you enjoy:	List three responsibilities you need to take care of:
1.	1.
2.	2.
3.	3.
Try doing at least one activity or responsibility each day. Use the following scale to rate your depression, pleasant feelings, and sense of achievement before and after the activity.	

0	1	2	3	4	5	6	7	8
None				Moderate				Extreme

Activity (location, date, time)	Rating	Depression	Pleasure	Achievement
	Before			
	After			
	Before			
	After			
	Before			
	After			

Reference:

1. Dimidjian, S., Hollon, S. D., Dobson, K. S., Schmaling, K. B., Kohlenberg, R. J., Addis, M. E., ... & Atkins, D. C. (2006). Randomized trial of behavioral activation, cognitive therapy, and antidepressant medication in the acute treatment of adults with major depression. *Journal of consulting and clinical psychology*, 74(4), 658, from <https://pubmed.ncbi.nlm.nih.gov/16881773/>

You can download more Mental Health worksheets [here](#).

Please note: There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.