

Name:

Date:

Exercise 1

List some **routine** activities here, eg. Cleaning the house, cooking a meal

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List some **pleasurable** activities here: eg. Going out with friends and family

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List some **necessary** activities here: eg. Paying school fees, dealing with difficult situations

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Exercise 2

Put your lists in order of difficulty, mixing up the different routine, pleasurable and necessary activities:

.....	The most difficult
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.....	Medium difficulty
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.....	The easiest
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Exercise 3: Behavioural Activation Diary

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Evening	What Where When Who						
Afternoon	What Where When Who						
Morning	What Where When Who						