CBT Activity Sheets

Name: _____ Week beginning: _____

Therapist: _____ Session number: _____

WHY ACTIVITY COMES FIRST

When mood drops, activity usually drops with it, and the drop in activity then lowers mood further. Behavioural activation breaks that loop from the outside in: you schedule the activity first and let the motivation follow, rather than waiting to feel like it.

> **Rate two things, not one**
> For each activity, rate how much you achieved (mastery) and how much you enjoyed it (pleasure), each from 0 to 10. Low mood flattens both ratings, so writing them down is how you notice activities that still work.

WEEKLY ACTIVITY SCHEDULE

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning							
Afternoon							
Evening							
Mood (0-10)							

Fill this in ahead of the week where you can, then record what actually happened. The gap between the two is useful information, not a failure.

MASTERY AND PLEASURE LOG

Day	Activity	Mastery 0-10	Pleasure 0-10	Mood before / after

ACTIVITY MENU

When nothing appeals, pick something small from this list rather than deciding between nothing and something large.

Five minutes	Twenty minutes	An hour or more
Step outside and stand in daylight	Walk around the block	Meet a friend for coffee
Make a drink and sit somewhere different	Tidy one surface	Cook a proper meal

Five minutes	Twenty minutes	An hour or more
Send one message	Stretch or do gentle movement	Exercise
Open the curtains and make the bed	Listen to a full album	Work on something you have been putting off
Write down three things from today	Read a chapter	Do something creative

Build in at least one of each this week

- [ ] Something that gives a sense of achievement
- [ ] Something you used to enjoy
- [ ] Something involving another person
- [ ] Something physical
- [ ] Something outdoors

REVIEW

Question	Your answer
Which activity scored highest for mastery?	
Which scored highest for pleasure?	
What got in the way of the plan?	
What will you schedule again next week?	
What will you make smaller or drop?	

Notes for your next session

Sources: Worksheet provided for use alongside therapy. It is not a treatment on its own. · If you are in crisis in the United States, call or text 988 for the Suicide and Crisis Lifeline.