

# Behavioral Activation

You can begin to decrease depression by engaging in activities you find enjoyable, and by taking care of responsibilities that you have been neglecting.

**List three activities you enjoy:**

- 1.
- 2.
- 3.

**List three responsibilities you need to take care of:**

- 1.
- 2.
- 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)		Depression	Pleasure	Achievement
	<i>Before</i>			
	<i>After</i>			
	<i>Before</i>			
	<i>After</i>			
	<i>Before</i>			
	<i>After</i>			

## Unhelpful Thinking Styles

### All or nothing thinking



Sometimes called 'black and white thinking'

*If I'm not perfect I have failed*

*Either I do it right or not at all*

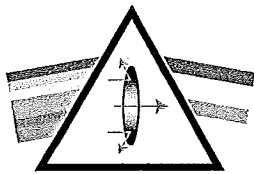
### Over-generalising

*"everything is always rubbish"*

*"nothing good ever happens"*

Seeing a pattern based upon a single event, or being overly broad in the conclusions we draw

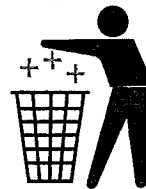
### Mental filter



Only paying attention to certain types of evidence.

*Noticing our failures but not seeing our successes*

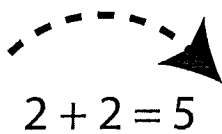
### Disqualifying the positive



Discounting the good things that have happened or that you have done for some reason or another

*That doesn't count*

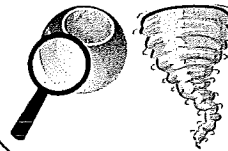
### Jumping to conclusions



There are two key types of jumping to conclusions:

- **Mind reading** (imagining we know what others are thinking)
- **Fortune telling** (predicting the future)

### Magnification (catastrophising) & minimisation



Blowing things out of proportion (catastrophising), or inappropriately shrinking something to make it seem less important

### Emotional reasoning



Assuming that because we feel a certain way what we think must be true.

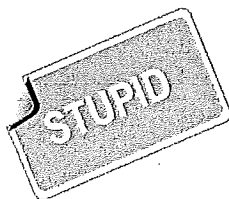
*I feel embarrassed so I must be an idiot*

### should must

Using critical words like 'should', 'must', or 'ought' can make us feel guilty, or like we have already failed

If we apply 'shoulds' to other people the result is often frustration

### Labelling



Assigning labels to ourselves or other people

*I'm a loser  
I'm completely useless  
They're such an idiot*

### Personalisation

**"this is my fault"**

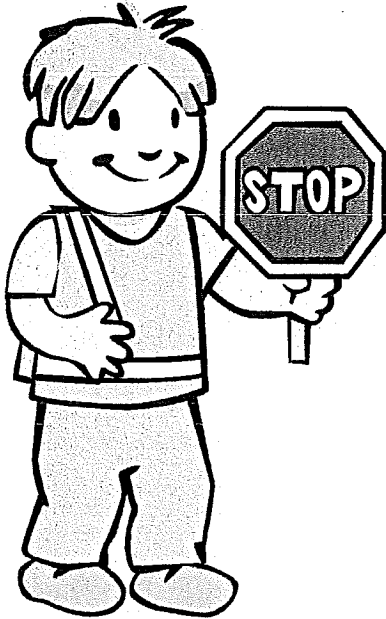
Blaming yourself or taking responsibility for something that wasn't completely your fault. Conversely, blaming other people for something that was your fault.

# CBT Thought Record

Where were you? What were you doing? Who were you with?	Emotion or feeling	Negative automatic thought	Evidence that supports the thought	Evidence that does not support the thought	Alternative thought	Emotion or feeling
<p>Where were you? What were you doing? Who were you with?</p>	<p>Emotions can be described with one word. E.g.: angry, sad, scared Rate 0 - 100%</p>	<p>What thoughts were going through your mind? What memories or images were in my mind?</p>	<p>What facts support the truthfulness of this thought or image?</p>	<p>What experiences indicate that this thought is not completely true all of the time? If my best friend had this thought what would I tell them? Are there any small experiences which contradict this thought? Could I be jumping to conclusions?</p>	<p>Write a new thought which takes into account the evidence for and against the original thought</p>	<p>How do you feel about the situation now? Rate 0 - 100%</p>

This STOP Plan is for:

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**S**cared?

**T**houghts?

**O**ther helpful thoughts?

**P**raise and Plan!

<b><u>S</u>cared?</b> <i>What's going on in your body?</i>	<b><u>T</u>houghts?</b> <i>What are you thinking?</i>	<b><u>O</u>ther helpful Thoughts?</b> <i>What is something <u>else</u> you can think?</i>	<b><u>P</u>raise and Plan!</b> <i>What is something nice you can say to yourself? What can you do next time?</i>