

Behavioral Activity Motivation

Even when an activity has been identified as positive in the past and is likely to increase the mood, it may still be difficult to initiate or maintain the behavior.

Use the following questions to reflect on an activity you had planned or am thinking of scheduling.

Visualize what it might be like preparing for and taking part in the activity, and prepare for negative thoughts or obstacles that may get in the way:

What activity have you identified as increasing your pleasure or improving your mood?

e.g., Going to the cinema.

What negative thoughts or feelings might you be confronted with?

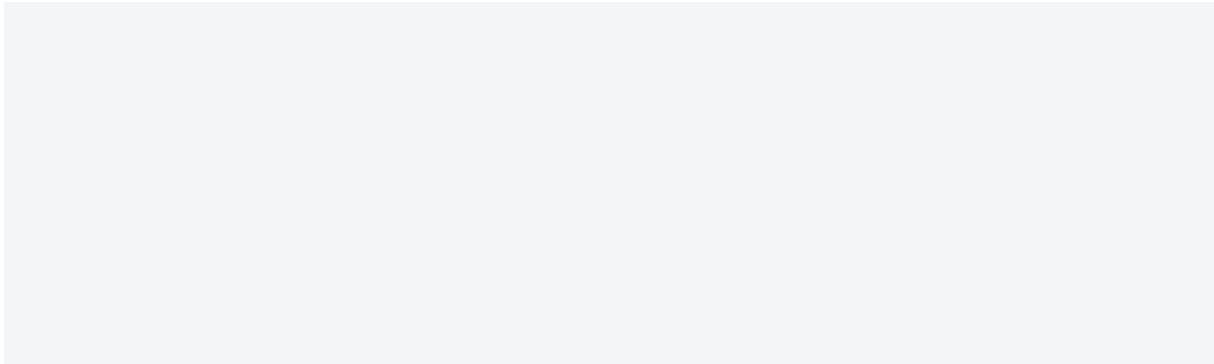
e.g., I'm worried I will not enjoy myself.

What positive emotions have you experienced in the past when you have done similar things?

e.g., I enjoyed myself, I had fun.

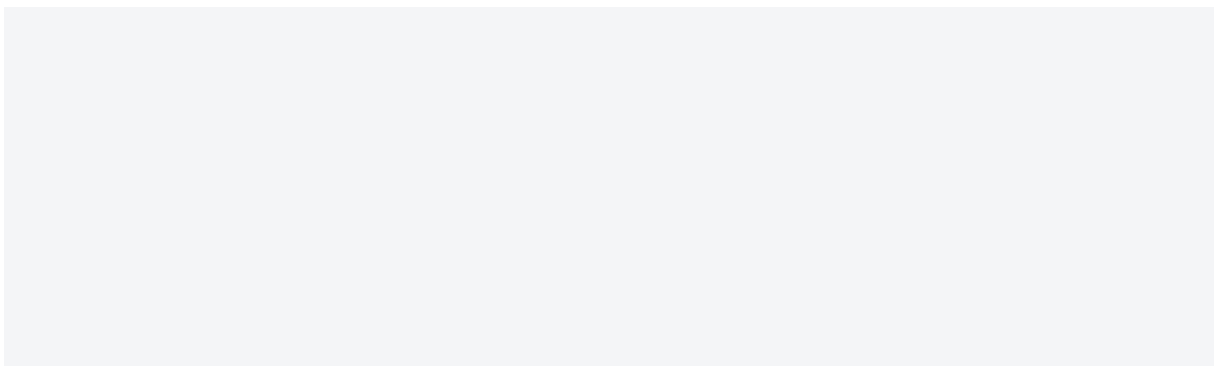
What is the worst that could happen?

e.g., I come home early.



What is the best that could happen?

e.g., I make new friendships or strengthen existing ones.



Think about each activity as a series of steps. Tackle each one, then move forward to the next. Start with small activities that have been performed many times in the past, then learn to challenge yourself a bit more after each success.

Dr. Jeremy Sutton