

Will Behavioral Activation be Helpful?

Behavioral Activation and the use of Activity Scheduling, in particular, can be highly effective for clients.

Use the following questions to understand whether scheduling pleasurable activities is likely to be beneficial.

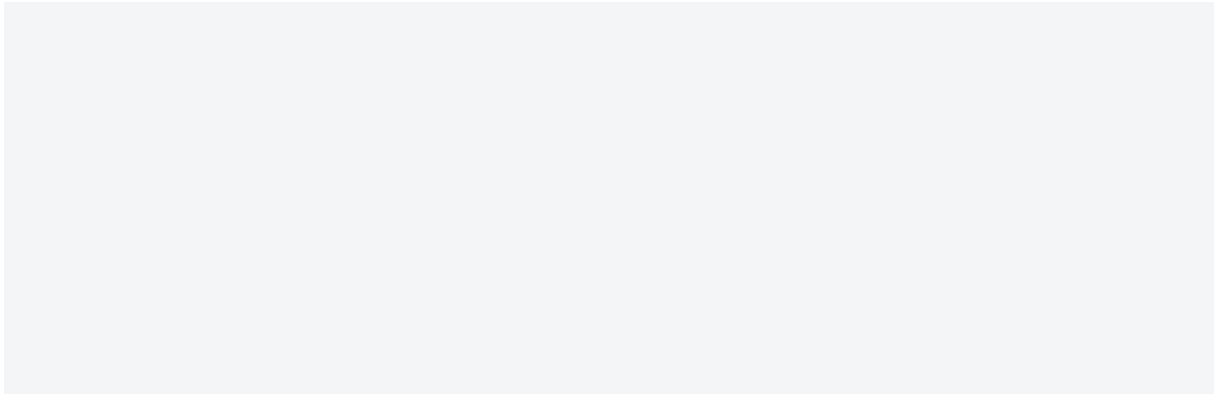
Reflect on each of the following questions:

**Do you typically have a sense of what is triggering the lowering of your mood or increasing your anxiety?
(Yes/No and Give examples):**

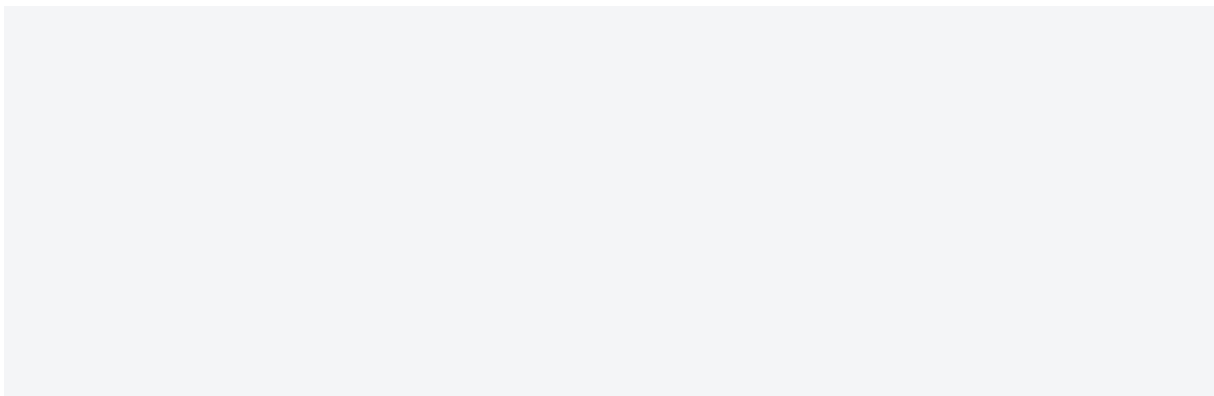
**Do you find yourself opting to do very little, with limited pleasure or meaning attached?
(Yes/No and Give examples):**

Do you know when or why you feel better? (Yes/No and Give examples):

**Do you find yourself feeling better when you are performing certain activities?
(Yes/No and Give examples):**



Do you have a hard time knowing what you enjoy or find meaning? (Yes/No and Give examples):



Answering 'yes' to several of the questions suggests that activity scheduling could be helpful.

Dr. Jeremy Sutton