

Module 3 — Behavioral Activation & CBT for Depression

Activity & mood monitoring · values · activity scheduling · goals · fidelity & outcomes

Blank worksheets for printing — a teaching aid for supervised skill practice, not a validated instrument.

Activity & Mood Log

Log real activities across the week; rate mood, mastery (accomplishment), and pleasure (enjoyment) 0-10.

Day	Time	Activity (what you actually did)	Mood 0-10	Mastery 0-10	Pleasure 0-10

Values Compass

For each life area, name what matters, rate importance now (0-10), and list activities that express it.

Life area	What matters (value)	Importance 0-10	Activities that express it
Relationships & family			
Work / education			
Health & body			
Recreation & hobbies			
Community & friends			
Spirituality / meaning			
Daily responsibilities			

Weekly Activity Schedule (homework)

Schedule specific, values-based activities; grade difficulty and predict mastery/pleasure.

Planned activity	Linked value	Day	Time	Difficulty	Pred. mastery	Pred. pleasure

Goals

SMART goal

Specific — what exactly will happen?

Measurable — how will you know?

Achievable — realistic next step?

Relevant — why it matters / which value?

Time-bound — by when / how often?

Goal Attainment Scaling (GAS)

Goal name

Level	What this outcome looks like
-2 Much less than expected	
-1 Somewhat less than expected	
0 Expected outcome	

