Selfimprovecoach

BEHAVIOURAL ACTIVATION

Notice your pattern, routines and what matters to you

Getting started

Low mood and reduced activity can sometimes reinforce each other. This is not about being productive or forcing yourself to feel better. Explore what is happening for you, without judgement.

1 NOTICE THE CYCLE

When your mood is low, what do you tend to do less of? What happens next?

EXAMPLE I stay in bed, miss contact with friends, and feel isolated.

My pattern (what I notice):

2 MAP YOUR ROUTINE

Think about a recent day. What did you do? When did your mood or energy shift?

EXAMPLE After lunch I usually scroll on my phone and feel flat.

A typical moment in my day:

Mood at that time (0-10):

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Choose a meaningful action and make it achievable

3 FIND WHAT MATTERS

What would you like more of: enjoyment, achievement, connection, or daily routine? Rest counts too.

EXAMPLE I miss feeling connected to a friend.

Something I value or want to rebuild:

4 CHOOSE ONE SMALL ACTION

Pick one activity you choose, with a clear day, time, place and duration.

EXAMPLE Text a friend on Wednesday at 5 pm.

My chosen activity:

When, where and for how long:

5 MAKE IT SMALLER

What is the easiest first step? Could you prepare anything or ask for support?

EXAMPLE Draft a two-line message before sending it.

My smallest possible version:

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Plan for barriers, review what happened and adapt

6 PLAN FOR BARRIERS

What could get in the way? Consider energy, anxiety, pain, access or caring duties.

EXAMPLE If I feel too tired, I can send a simple hello instead.

Possible barrier and my if-then backup plan:

7 TRY, NOTICE AND REVIEW

What happened when you tried? Partly doing it or not doing it can still teach you something.

EXAMPLE I drafted the message, but did not send it. Starting was easier than expected.

What actually happened?

Mood or energy before / during / after (0-10 if helpful):

What helped, what was difficult, and what did I learn?

Next time I will repeat, simplify or change:

Reminder: Small steps are experiments, not tests of willpower. Adapt plans to your health, needs and circumstances.