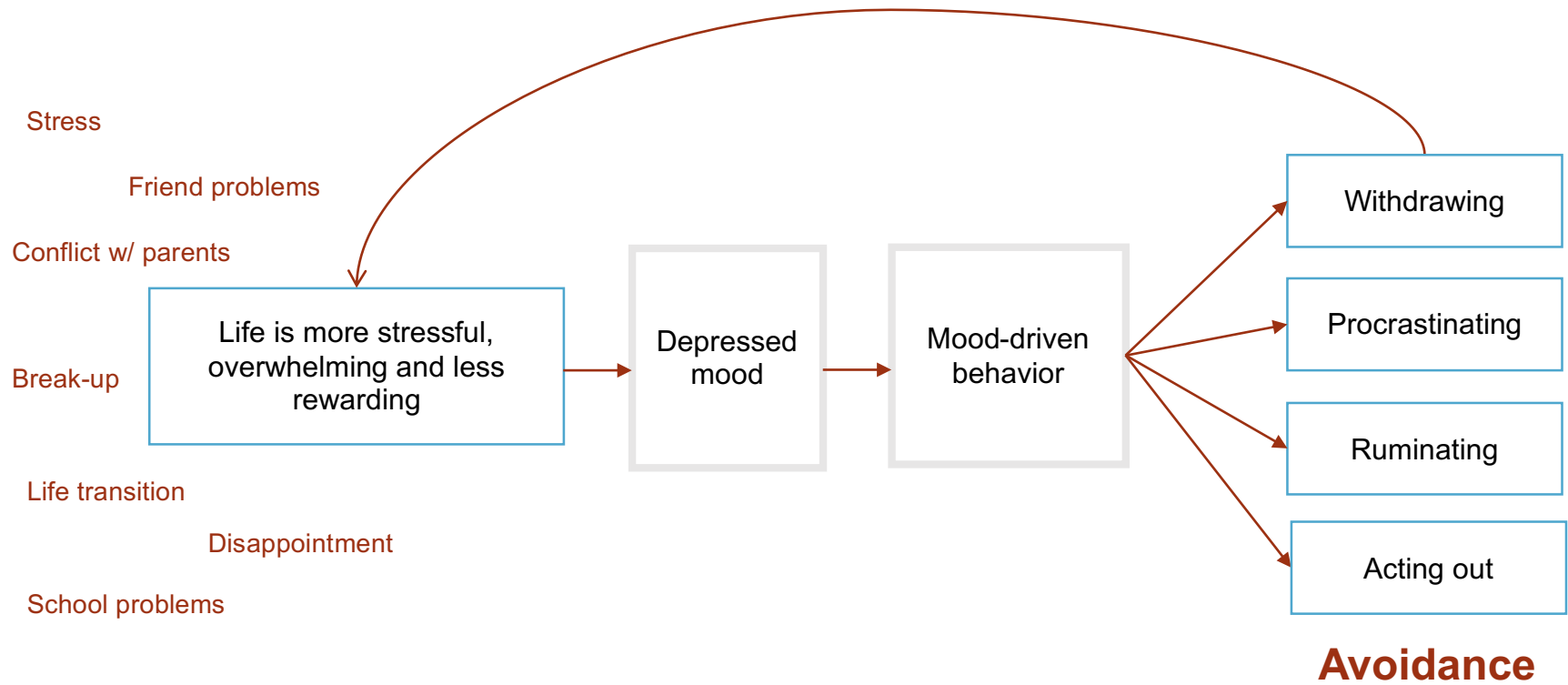
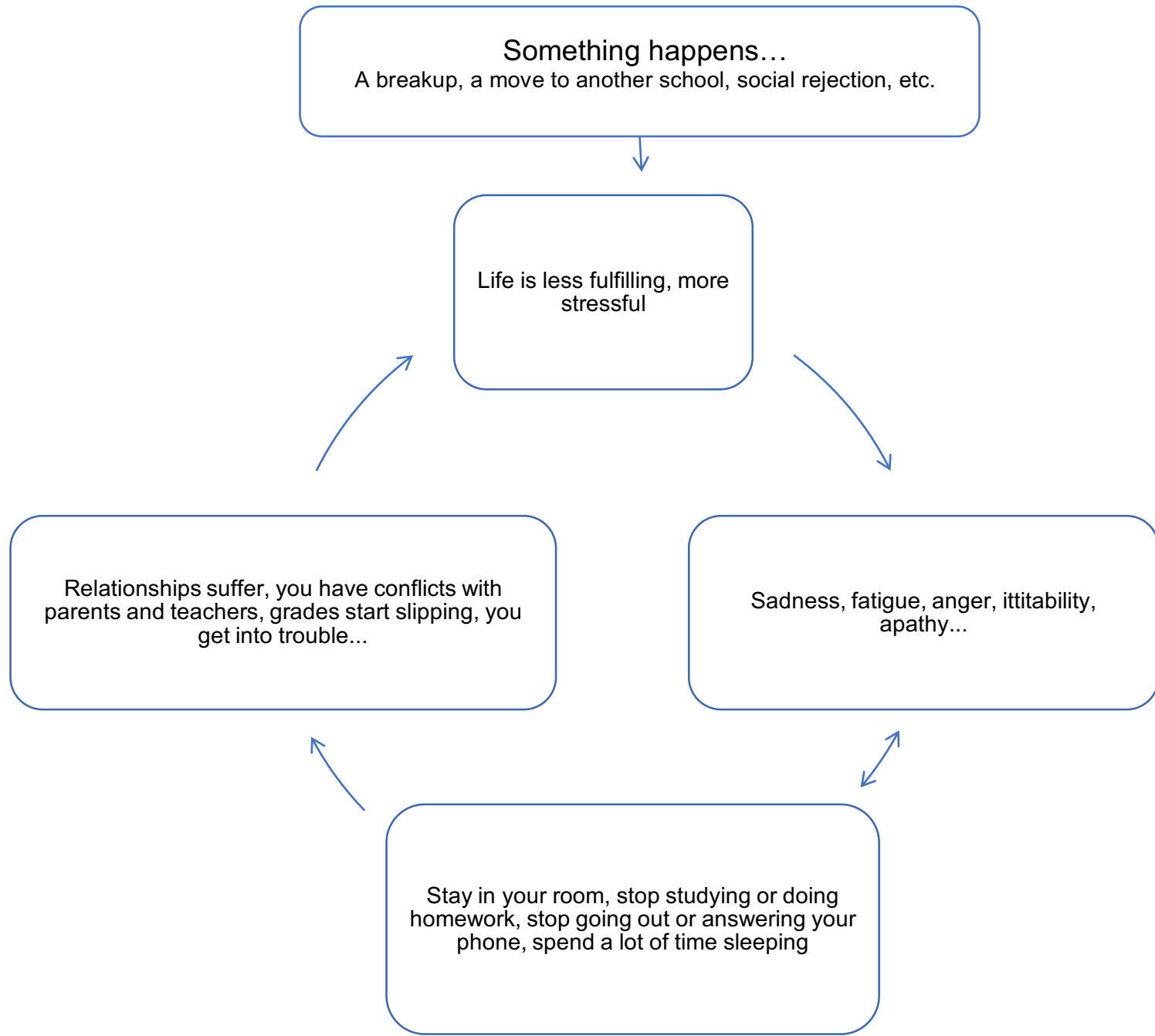
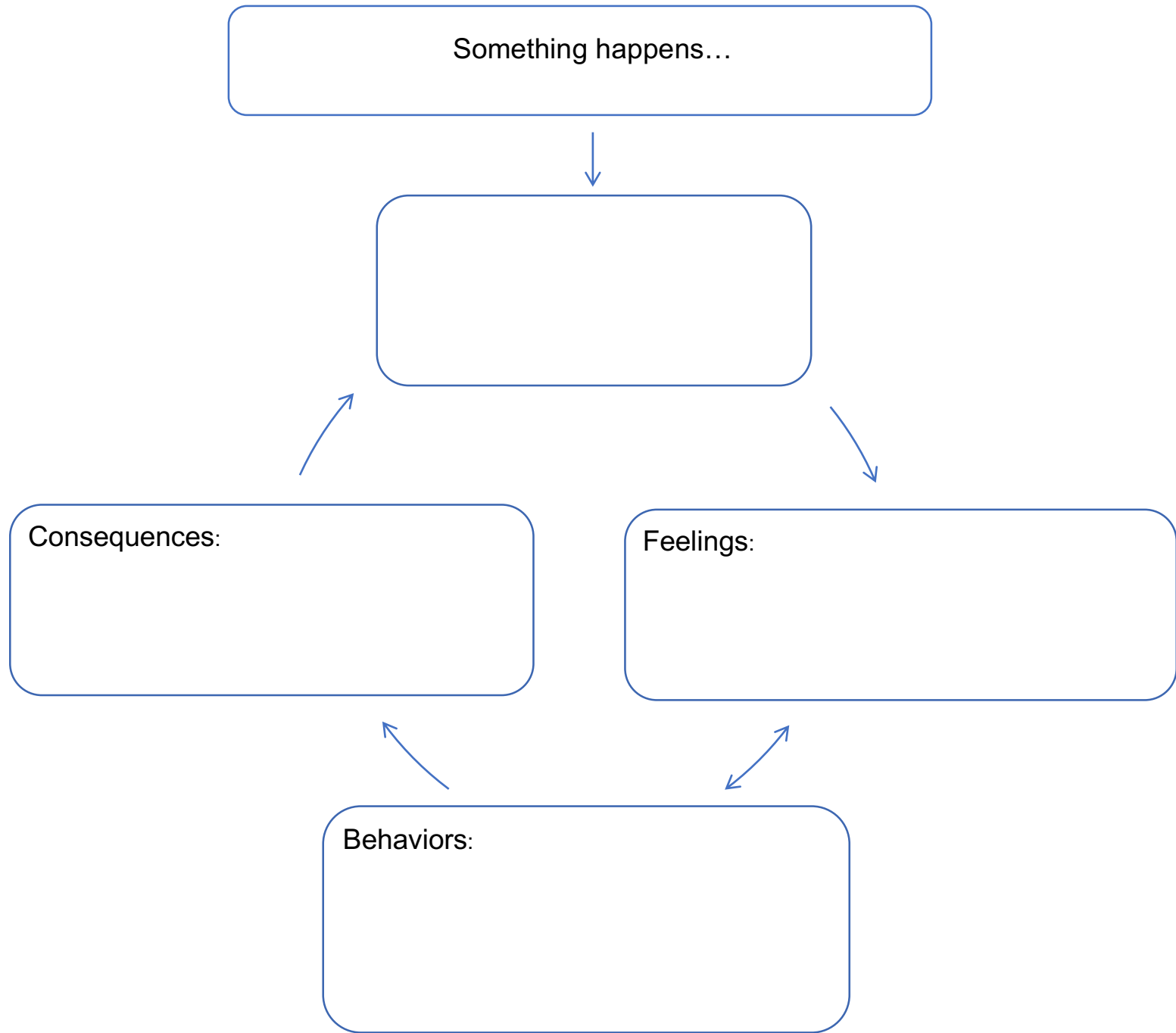


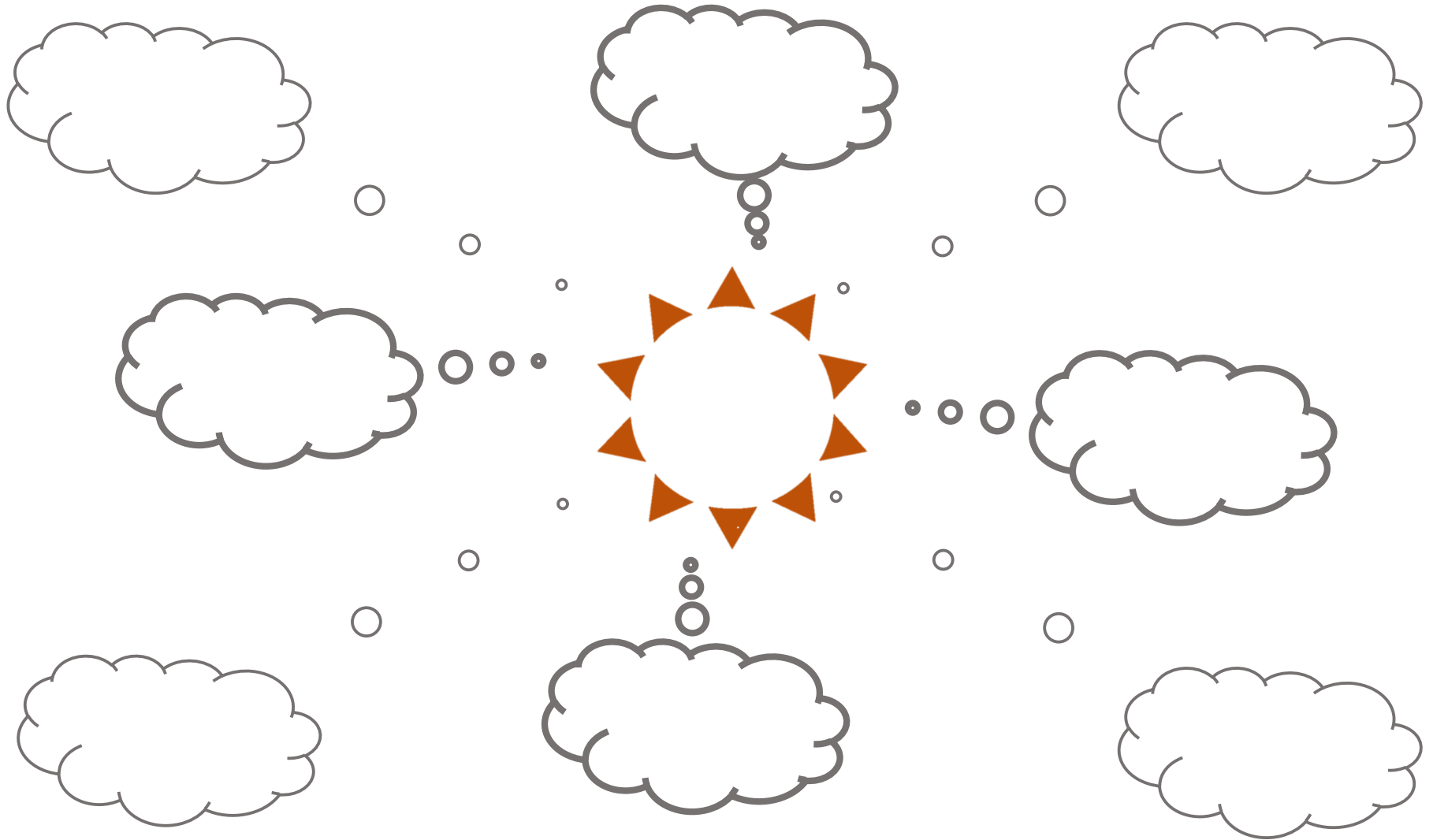
BA Model



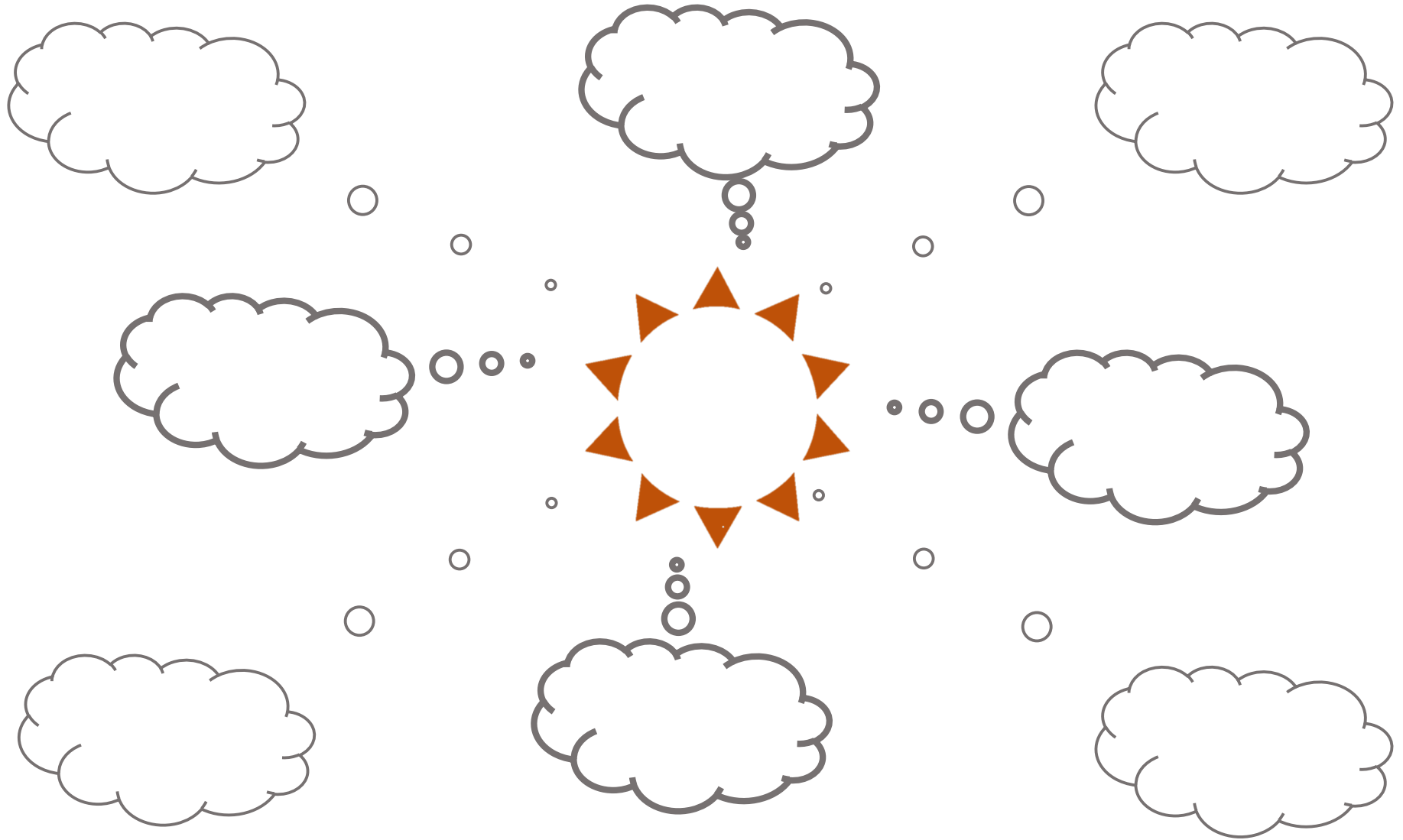




People and Activities Important to Me **BEFORE** Depression



People and Activities Important to Me **AFTER** Depression



Phase I: Goal Log

Goal 1:		Actions:
Goal 2:		
Goal 3:		



Sample Activity Monitoring: School Day

	Activity	Feeling	Intensity	Interacting With?
7am	Waking up & getting ready	Sad	3	Nobody (alone)
8am	Dad drives me to school	Sad	3	Dad
9am	School: 1 st period	Sad	4	Teachers, students
10am	School: 2 nd period	Sad	4	Teachers, students
11am	School: 3 rd period, test	Anxious	6	Teachers, students
12pm	Lunch	Happy	4	Friends
1pm	School: 4 th period	Happy	2	Teachers, students
2pm	School: 5 th period	Sad	2	Teachers, students
3pm	School: 6 th period; got in trouble	Angry	7	Teachers, students
4pm	School: 7 th period	Angry	4	Teachers, students
5pm	Mom picks me up, mad at me	Angry	7	Mom
6pm	Work on homework, can't think	Angry	5	Alone
7pm	Dinner, parents lecture me	Angry	7	Parents, sister
8pm	Homework, favorite show's on soon	Excited	5	Alone
9pm	Watch TV	Happy	4	Sister
10pm	Homework	Happy, tired	3	Alone
11pm	Homework	Anxious	3	Alone
12am	Homework	Sad, bored	3	Alone
1am	In bed, can't fall asleep	Anxious	5	Alone
2am	Get up and get snack	Angry	3	Alone
3am	Sleep			
4am	Sleep			

Sample Activity Monitoring: Weekend

	Activity	Feeling	Intensity	Interacting With?
7am	Sleep			
8am	Sleep			
9am	Sleep			
10am	Waking up & getting ready	Sad	3	Nobody (alone)
11am	Watch TV	Sad	2	Alone
12pm	Walk the dog	Relaxed	3	Alone
1pm	Lunch	Happy	2	Parents, sister
2pm	Babysitting	Anxious	3	2 kids I'm babysitting
3pm	Babysitting	Happy	3	2 kids I'm babysitting
4pm	Babysitting	Happy	4	2 kids I'm babysitting
5pm	Babysitting	Happy	2	2 kids I'm babysitting
6pm	Clean room	Angry	5	Alone
7pm	Dinner	Excited	3	Parents, sister
8pm	Go to movies	Happy	5	Friends
9pm	Go to movies	Happy	5	Friends
10pm	Go to movies	Happy	4	Friends
11pm	Do the dishes	Bored	3	Alone
12am	In bed, can't fall asleep	Anxious	5	Alone
1am	Get up and watch TV	Angry	3	Alone
2am	Sleep			
3am	Wake up too early	Angry	4	Alone

Rating Feeling Intensity

Choose two days in the week, and keep track of your moods and activities.

1. Write down what you were doing during each time block.
2. Think about and write down how you were feeling (angry, happy, sad, scared, worried, etc.) during that activity. It's OK to write more than one feeling (for example, you might be angry and sad).
3. Pick a rating that fits the intensity of your feelings and put the number in the block next to the feeling. Use the scale below to rate the intensity of your feelings.
4. Write down who you were interacting with during the activity (e.g., parents, friends, people online).

Feeling Intensity Scale Examples

ANGRY

Calm (no anger)	Irritated	Frustrated	Really Mad	Enraged					
1	2	3	4	5	6	7	8	9	10

SAD

Content (no sadness)	Mopey	Down Blue, "Blah"	Depressed	Totally Miserable					
1	2	3	4	5	6	7	8	9	10

ANXIOUS

Calm (no anxiety)	Uneasy	Nervous Shaky, Worried	Scared	Freaking Out					
1	2	3	4	5	6	7	8	9	10

HAPPY

Happy Neutral	Content	Cheerful	Thrilled, Joyful	Elated					
1	2	3	4	5	6	7	8	9	10

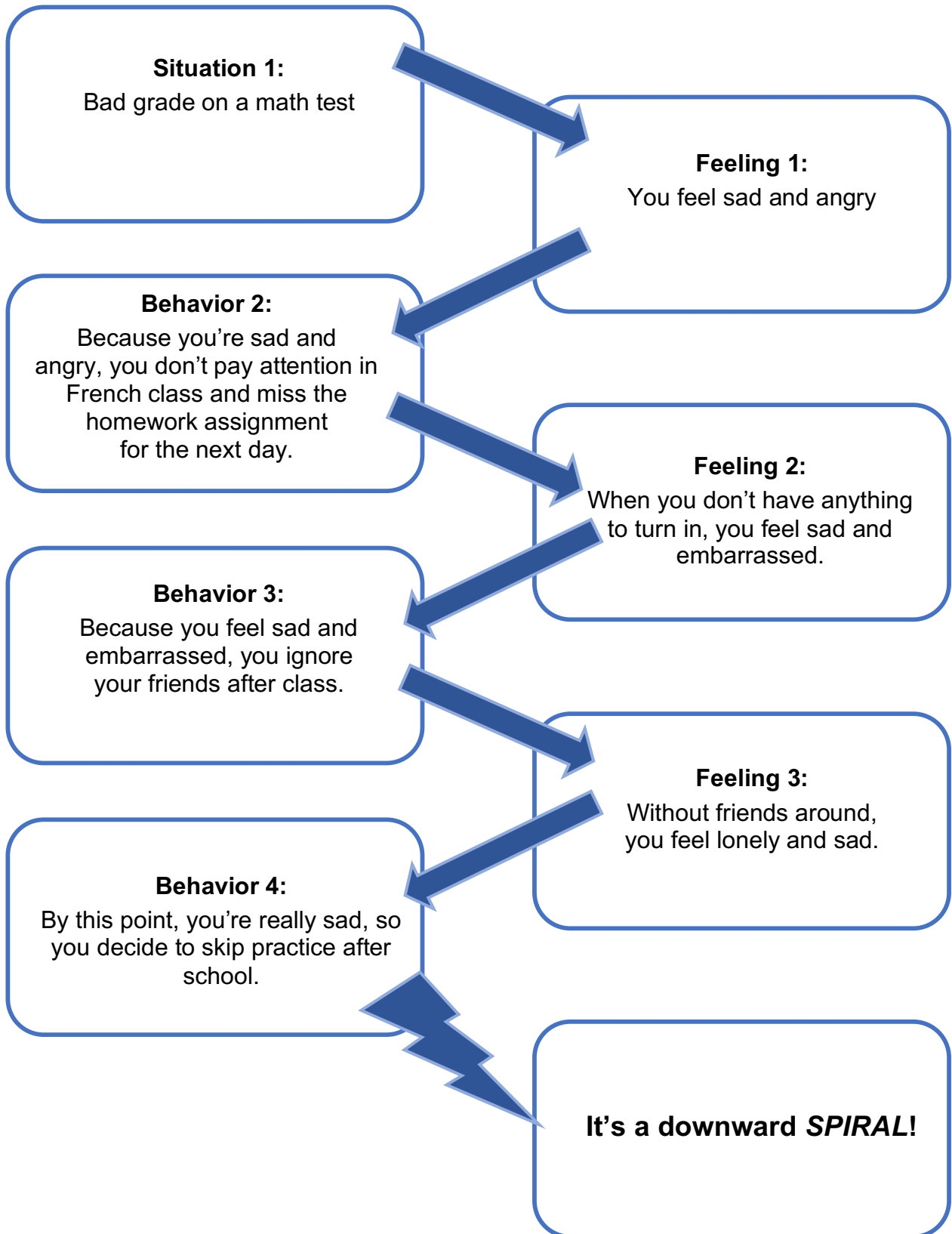
Activity Monitoring

	Activity	Feeling	Intensity	Interacting With?
7am				
8am				
9am				
10am				
11am				
12pm				
1pm				
2pm				
3pm				
4pm				
5pm				
6pm				
7pm				
8pm				
9pm				
10pm				
11pm				
12am				
1am				
2am				
3am				

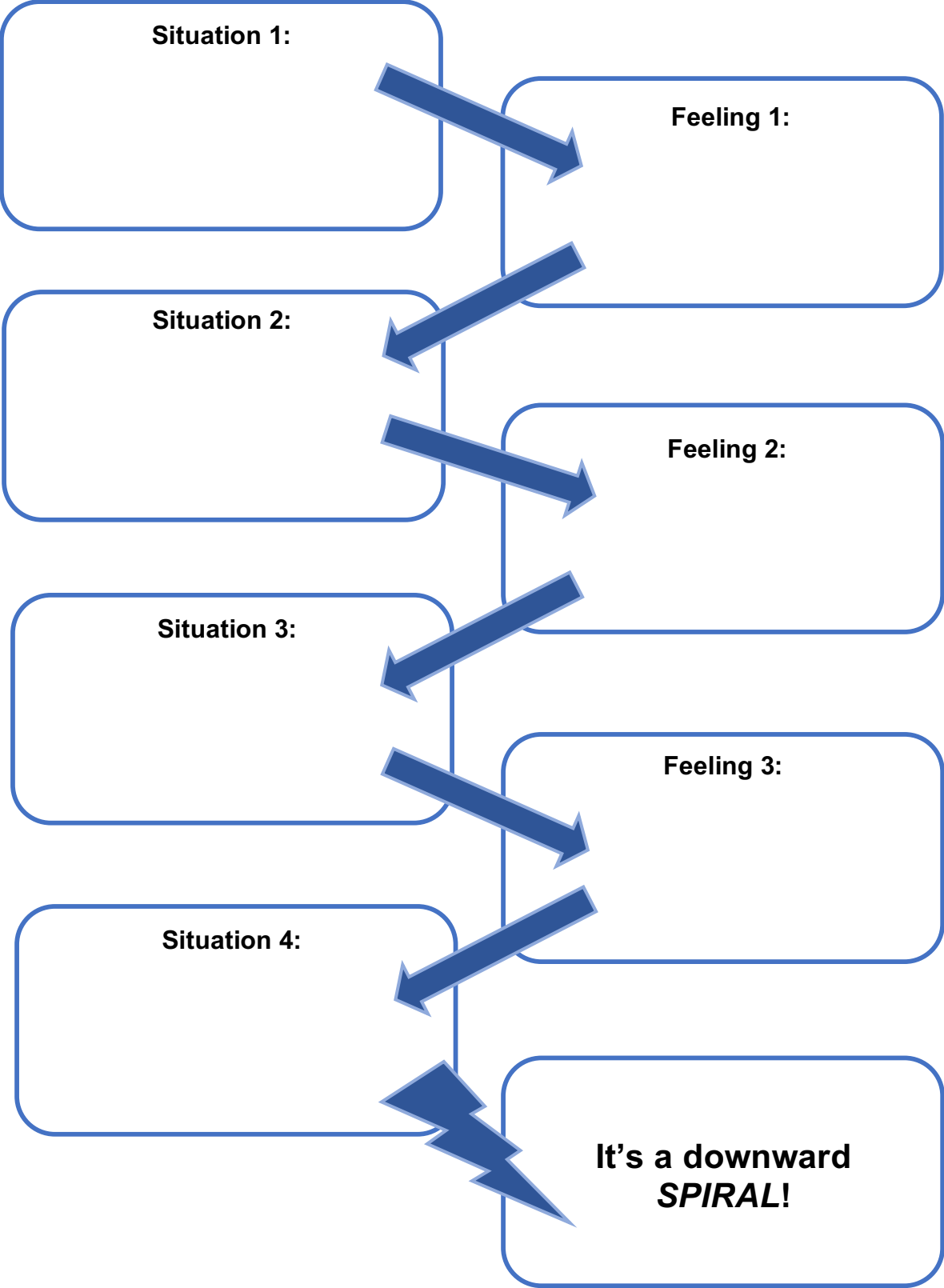
Mini-Activity Scheduling

Scheduled Day		
Activity	1. <input type="checkbox"/>	2. <input type="checkbox"/>
Mood Before:		
Mood After:		

Mood Spiral Example Downward

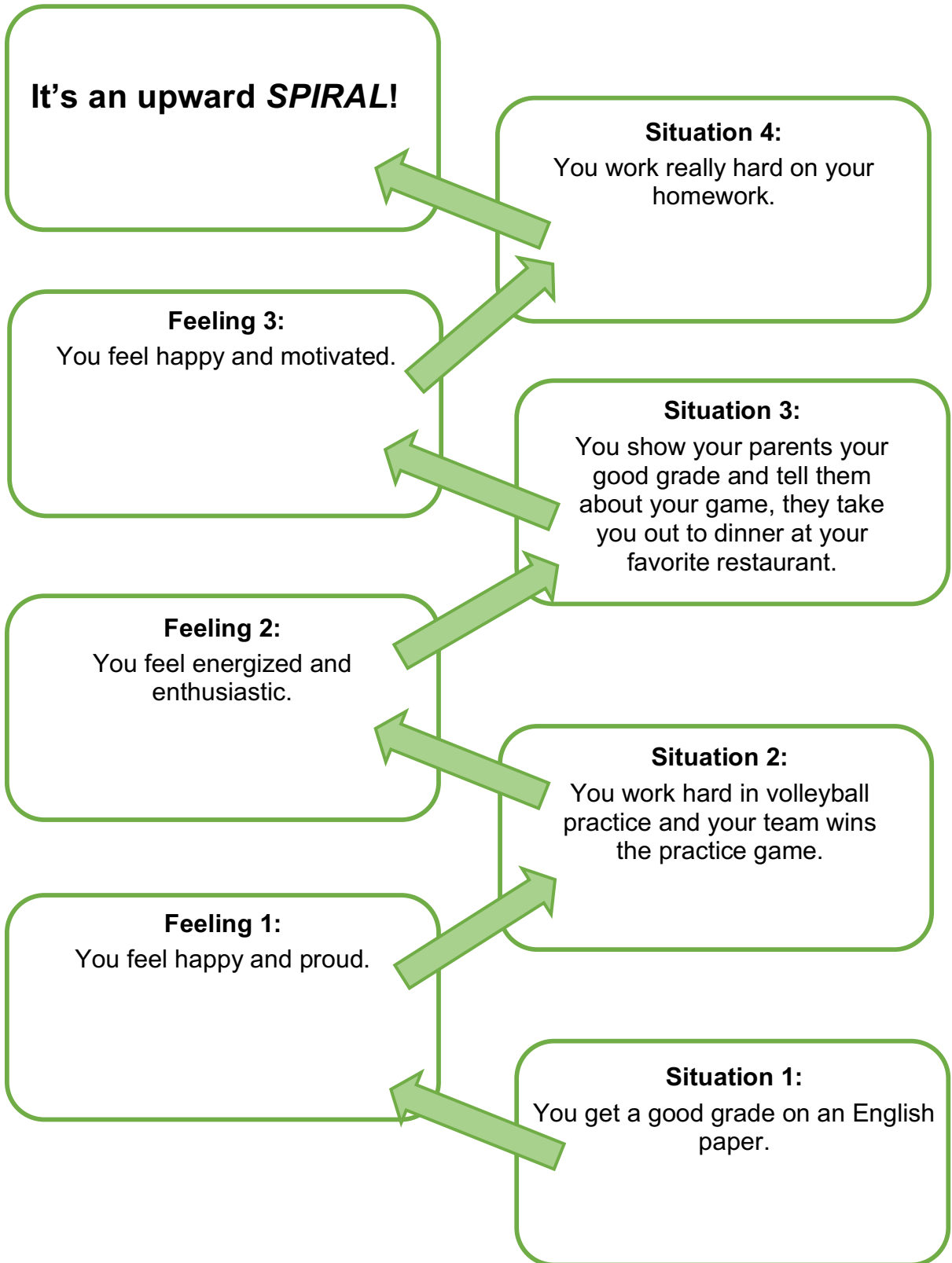


Mood Spiral Downward

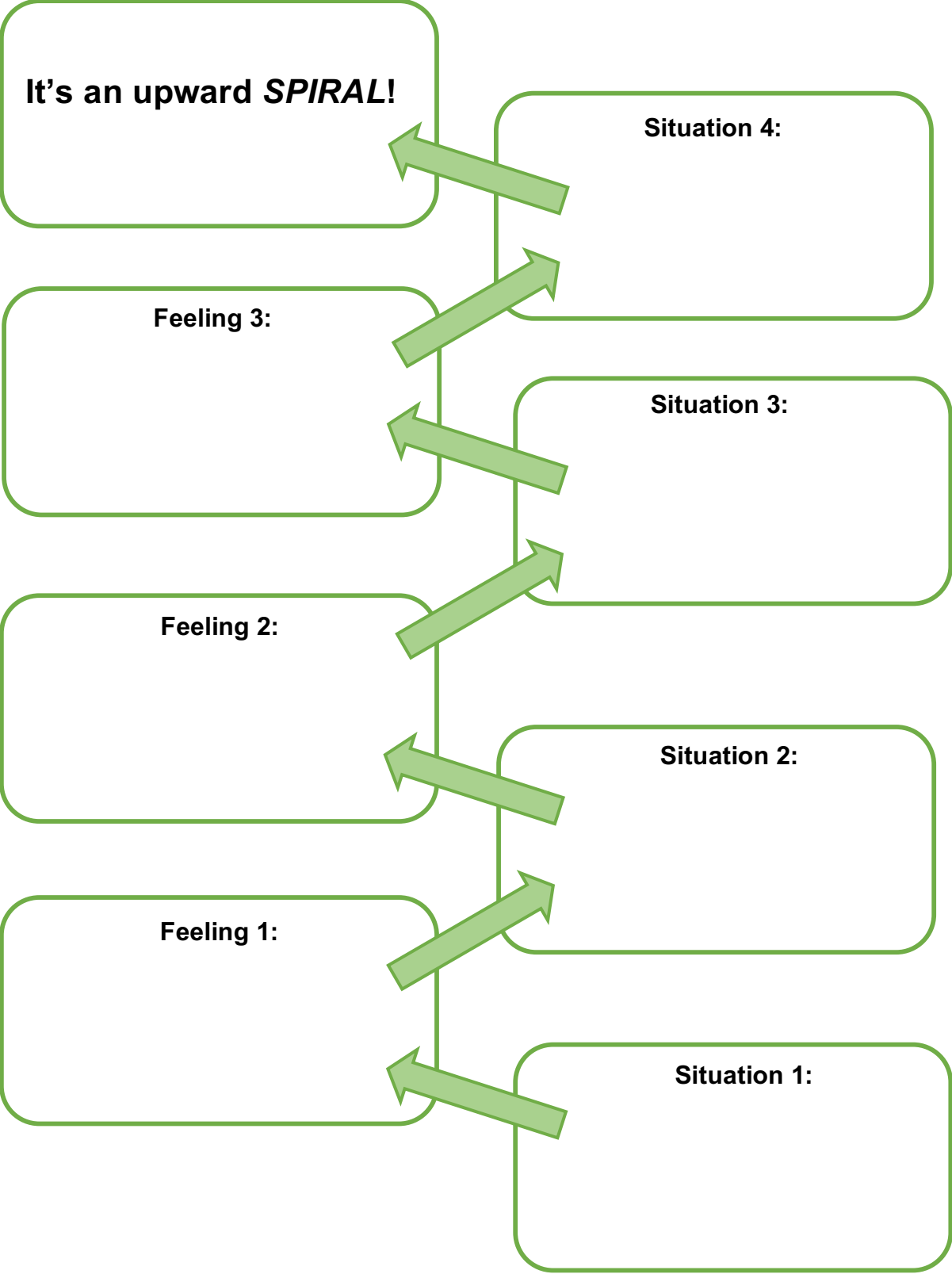


Mood Spiral Example

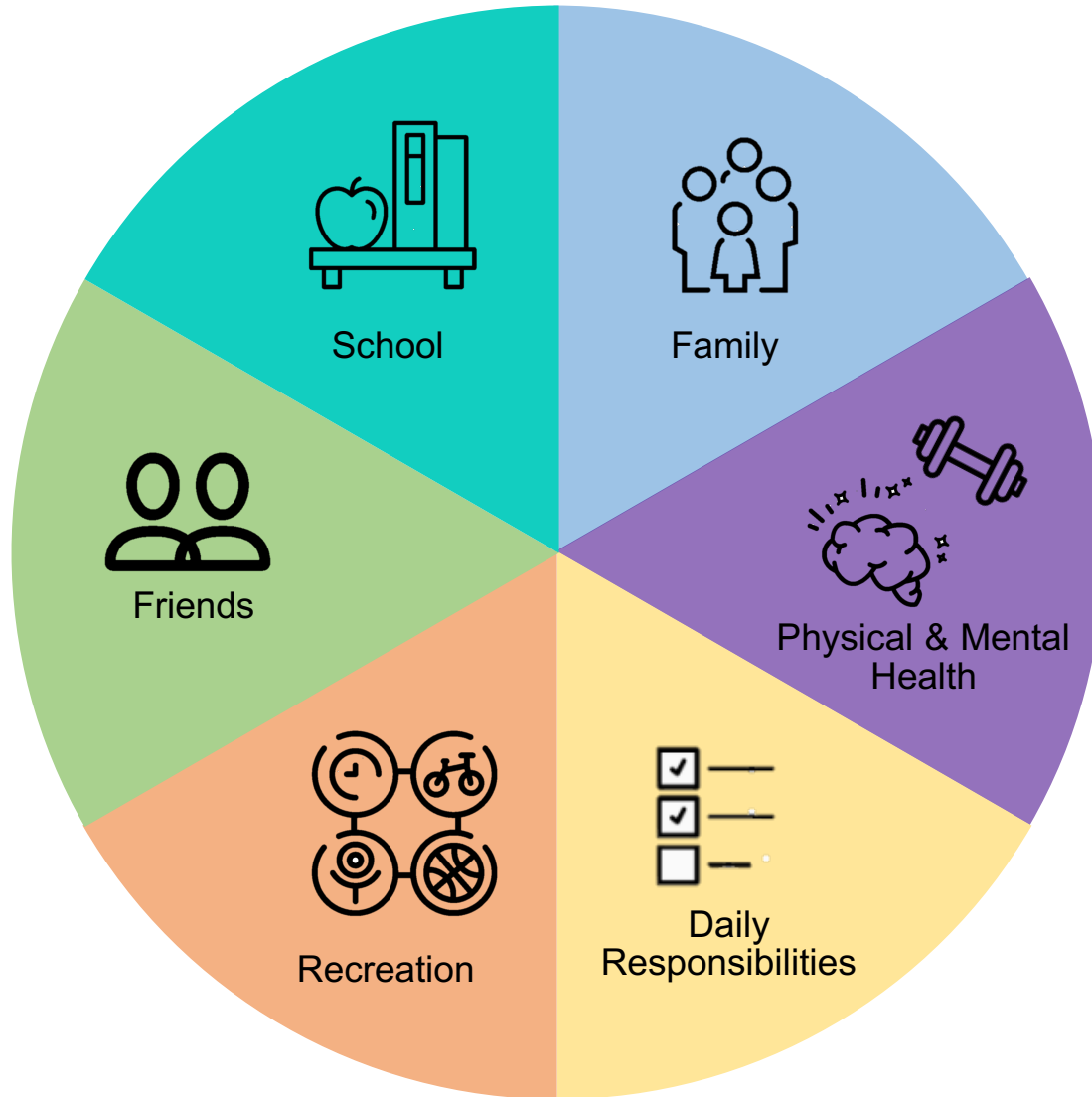
Upward



**Mood Spiral
Upward**



Activity Domains



Activity Menu

Creativity

- Create a dance routine
- Create a photo journal or scrapbook
- Create a stand-up comedy routine
- Create a YouTube channel
- Create art to decorate your room
- Decorate a notebook or binder
- Draw or sketch
- Draw outside with chalk
- Journal or write in a diary
- Learn how to crochet, knit, or cross stitch
- Learn how to do origami
- Make a music video
- Make a vision board
- Make your own cool costume for a party, Halloween, or another event
- Redecorate your room
- Write a poem
- Write a satirical story or newspaper article
- Write and illustrate a comic book

Productivity

- Apply for a job
- Ask a family member if you can help them with something
- Build something from scratch
- Clean your room
- Find a volunteer activity you are excited about
- Learn a coding language
- Learn a new song on an instrument
- Organize your closet
- Paint your room (with your guardian's permission!)
- Plan a party
- Plan a vacation
- Plant or tend to a garden
- Practice a new language
- Read a biography about someone you would like to know more about
- Sign up for a new class or activity
- Start a band
- Start a blog
- Start reading a new book
- Start your own business
- Take a fun online class
- Volunteer to help plan an event at school
- Watch a "how-to" video on YouTube

Physical Activity

- Do a workout video on YouTube
- Do yoga
- Go for a bike ride
- Go for a hike
- Go for a walk or jog
- Go Paintballing
- Go swimming
- Play a sport you enjoy
- Take a dance class

Social

- Call a friend on the phone
- Do something thoughtful for someone else
- Have a karaoke night with friends or family
- Have a picnic
- Hold a board game or video game tournament.
- Host a DIY-craft night
- Invite a new friend to hang out
- Join a book club (online or in person)
- Make a friendship bracelet for a friend
- Plan a movie marathon with friends or family
- Videochat with a friend or family member you don't see often
- Write a letter or email to a famous person
- Write a letter to a friend or your future self
- Write a Thank You Note to someone who helped you recently

Recreation

- Create your own game
- Do something seasonal (go apple picking, carve a pumpkin, go ice skating, go to a pool)
- Go to a movie theater
- Go to the library and pick out a new book, CD, or movie
- Learn a magic trick
- Learn all of the lyrics to a new song
- Learn how to play a new game
- Make a killer playlist
- Make a list of all the books you've read/movies you've seen/ concerts you've attended
- Make a meal, snack, smoothie, or dessert
- Paint your nails
- Re-read an old book
- Take a relaxing bath
- Take one picture every day for a year and make a video

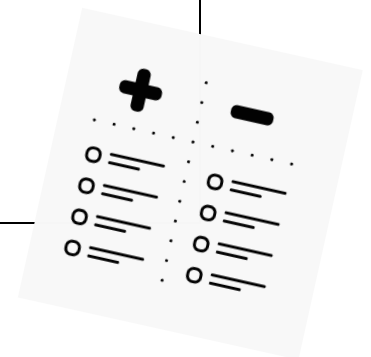
Activity Master List

	Recreational	Social	School	Responsibilities	Physical/Mental Health	Other
Low						
Moderate						
High						

Pros and Cons: Acting on Mood-Driven Behaviors

My mood-driven behaviors: _____

	PROS	CONS
Short-term		
Long-term		

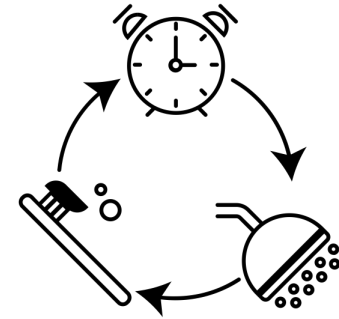


Routines

Identify routines you would like to test out this week and check boxes on days you completed.

Goal (# of days completed): _____

Planned Reward: _____

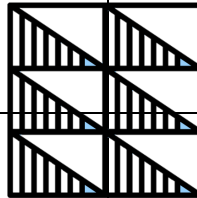


		M	T	W	T	F	S	S
Planned Routine								

Avoidance Patterns

What situations, activities, people, or places are you avoiding or staying away from? What have you withdrawn from, dropped out of? What do you keep “putting off” until later?

What unhelpful thoughts do you dwell on or get “caught up” in? What thoughts hold you back or bring you down? When do your thoughts keep you from being fully present?

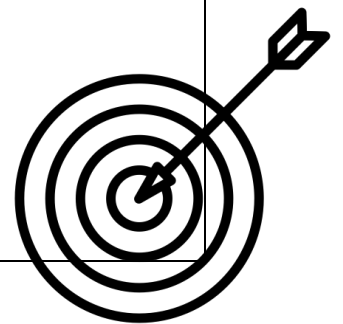


What are you currently doing that keeps you stuck; makes your life worse in the long run; maintains or worsens the problems you are dealing with?

What emotions, feelings or sensations do you fight with, avoid, suppress, or struggle with? What do you do to try to get rid of them?

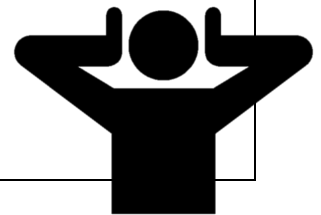
Avoidance Targets

Area of Avoidance	Action Steps



Avoidance Monitoring

Day/Time	Mood	What did I avoid? <i>Activity, task, person, situation, feeling, thought</i>	Why did I avoid? Too much stress, effort, emotion, no energy, fear of failure, not sure how to approach	How did I avoid? What did you do or not do



Approach Coping Skills

	When to Use	What to Do
Mindfulness Skills	<p>Not fully participating in activities or interactions</p> <p>Spending a lot of time ruminating or worry</p>	<p>Try different mindfulness activities (e.g., breathing, drawing, walking, mantra)</p>
Opposite Action Skill	<p>Feeling strong or uncomfortable emotions that make you want to avoid</p>	<p>Come up with activities to engage in to combat mood-driven urge (e.g., go for run, watch a funny YouTube video)</p>
Pro-Con List	<p>Having an urge to avoid a challenging or stressful problem or task</p>	<p>Write out a pro/con list for engaging in approach vs. avoidance behavior</p>
Self-Soothing Skills	<p>Feeling aversive emotions or sensation that make you want to avoid</p>	<p>Practice relaxation and soothing skills that can help reduce emotion distress (e.g., sight, sound, touch, taste)</p>
Assertiveness/ Communication Skills	<p>Avoiding social situations because they are stressful and you're not sure how to approach them</p>	<p>Use assertive communication skills (e.g., DEAR MAN) and scripting</p>

Approach Coping Experiment

Record Sheet

Approach Behavior	Mood Before	Outcome	Mood After	Observations



Graded Task

Goal _____

Step 1:

Step 2:

Step 3:

Step 4:

Step 5:

Step 6:

Phase III: Short-Term and Long-Term Goal Log

Short-Term	Long-Term
1	1
2	2
3	3



Relapse Prevention Plan

Identify your warning signs :	Potential stressors :
Mood boosting behaviors :	Social supports :
<p style="text-align: center;">Action Plan: What will you do if you start to experience a relapse?</p>	

