A PAUSE, A PRACTICE, A NEXT STEP

Behavioral Activation

Start smaller than your mood says you should.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Choose one area

Consider basic care, connection, pleasure, or something that matters to you. Choose what fits today's energy.

01 / Notice and reflect

What has mattered to me before?

02 / Notice and reflect

What would a smaller version look like?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Seek care when low mood persists or basic needs become hard to meet. If you feel unable to stay safe, use Crisis Support now.

Read more: VA · Behavioral activation and meaningful activities

More tools and immediate support: Our Healing Room / Crisis Support.