



THE THERAPY RESOURCES

CBT

COGNITIVE BEHAVIORAL THERAPY

WORKSHEET

Behavioral Activation Plan

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CO-PARENTING

TOOLS, TIPS, & TACTICS

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"Helping families before, during, and after divorce."

SERVICES PROVIDED BY DR. VICK

FORENSIC SERVICES

(ALL require a court order)

Reunification Therapy
Family Integration Therapy
Court-Qualified Parenting Coordinator
FL Supreme Court Certified Family Mediator
Expert Witness Services
Professional Consultation
Collaborative Divorce Coach / Neutral Facilitator
Specialized Treatment & Consultation with Court-Involved Children & Families
Court-ordered Mental Health Evaluations / Psychological Evaluations
Competency Evaluations (Juvenile & Adults)

CLINICAL SERVICES

(no court order required)

Individual Therapy
Family Therapy
Psychological Testing
Giftedness Evaluations
Co-Parenting Divorce Consultant

***Accepting New Clients**

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Instructions The activity chart can be used for either monitoring or scheduling. You can go ahead and complete it together in session with your therapist or you can go ahead and complete it at home.

As a monitor, the chart allows you to collect important data. For example, the chart can help gauge how you spend your time and assess which activities you spend too much and/or too little time on. It is also useful for some to predict, and then measure, the sense of pleasure and/or mastery they receive from various activities.

The chart can facilitate monitoring in other ways as well:

1. You can record their activities and measure the degree of a specific mood (for example, anxiety) during each activity.

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2. Or they can record only those instances in which they experience more intense emotion, for example, writing down activities during which their anger was above a 5 on a 0-10 point scale.

3. Alternatively, clients can record only positive events or behaviors, such as identifying when their partner does or says something nice or when they begin a task without procrastinating.

As a monitor, the activity chart can reveal important information. With depressed clients, it may be important to identify activities in which they experienced little mastery or pleasure, as a prelude to eliciting their dysfunctional thinking in these situations.

A review of the chart may also reveal that a client has been avoiding important activities or, conversely, that a client's schedule is too demanding.

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As a schedule, the chart can be used to help you commit to specific times and days to engage in important activities.

For example, depressed individuals often need to schedule several activities per day which have the potential for increasing their sense of mastery or pleasure, connection, or control.

Procrastinating individuals may need to schedule “must-do” activities. Alternatively, individuals can use the chart to keep track of activities they deserve credit for participating in or activities in which they felt even a little better. Doing this focuses their attention on the positive.

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Worksheet: Behavioral Activation Plan

2. Weekly Schedule:

Plan your activities for the week: (using the chart on the next page)

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Worksheet: Behavioral Activation Plan

Day	Activities	Time	Notes
S			
S			
F			
T			
W			
T			
M			

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Worksheet: Behavioral Activation Plan

Day	Activities	Time	Notes
S			
S			
F			
T			
W			
T			
M			

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Day	Activities	Time	Notes
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BEHAVIORAL EXPERIMENT

Our thoughts and beliefs determine how we feel, and how we act, at any given moment. Even thoughts that are irrational impact our mood and behavior, often negatively. A **behavioral experiment** is a tool for testing our thoughts and beliefs, and replacing those that are irrational with healthy alternatives.

Part 1: Experiment Plan

Thought to Test

What is the thought or belief you would like to test?

Experiment

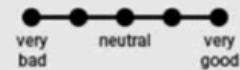
How can you test this thought?

When will you run the experiment?

Prediction

What do you think will happen during the experiment?

How do you expect to feel after the experiment?

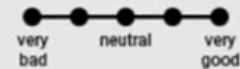


Part 2: Experiment Results

Outcome

What happened during the experiment?

How did you feel after the experiment?



New Thought

Given the evidence from the experiment, what is your new thought?

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Behavioral Experiments To Test Beliefs Worksheet:

A behavioral experiment is a CBT technique that involves testing negative automatic thoughts and re-evaluating underlying beliefs and assumptions. This technique encourages people to view negative thoughts objectively rather than as absolute truths. First, identify a belief you want to test. Then, a specific hypothesis is derived from this general rule, and an experiment is formulated to test this hypothesis.

This Behavioral Experiment worksheet includes 6 steps:

1. Clarifying your original dysfunctional belief (e.g., “I can’t enjoy my life being single”), and rate how strongly he/she believes this will happen _____

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Behavioral Experiments To Test Beliefs Worksheet

