|  |  |  |  |
| --- | --- | --- | --- |
| **HOUR** | **Monday** | **Tuesday** | **Wednesday** |
| 6AM – 12AM (midnight)**Activity:** |  |  |  |
| **Mood:**Rate 1-10 |  |  |  |
| **Pleasure:**Rate 1-10 |  |  |  |

**4 Phases**

**Phase 1:** Self-Monitor Activities and Moods and the Associations between the two.

**Phase 2:** Using Problem Solving and Behavioral Experimentation to Identify Activities and Associated with positive Moods.

**Phase 3:** Blocking Avoidance Behavior and Facilitating Approach Behavior.

**(TRAP)**

Trigger – Response – Avoidance Pattern

**(TRAC)**

Trigger – Response – Alternative Coping

**(ACTION)**

Assess – Choose – TRY – Integrate – Observe – Never Give Up

Phase 4: Decreasing Vulnerability to Future Episodes of Depression.