

Taking action

Use small steps, real-life experiments and a clear next move.



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Insight matters, but change also needs something you can try. These resources help you plan manageable activity, test a prediction fairly and work through a problem without having to solve everything at once.

HOW TO USE IT

Begin with the topic that feels most relevant. Each topic includes a short guide and a fillable worksheet. Download the PDF before typing so your notes can be saved.

Behavioural activation

When mood and energy fall, waiting to feel motivated can leave life getting smaller. Behavioural activation reverses the order: plan a manageable action first, then notice what happens to mood, energy and confidence.



USE SEVERAL KINDS OF ACTIVITY

A balanced plan is broader than 'do something enjoyable'.

- Pleasure or interest.
- Mastery, completion or contribution.
- Connection, health and ordinary routines.

MATCH THE STEP TO CURRENT CAPACITY

The useful dose is the one you can actually begin.

- Shrink the task until the first action is clear.
- Use a time limit rather than waiting to finish everything.
- Prepare materials or remove one barrier beforehand.

SCHEDULE, DO NOT MERELY INTEND

A plan becomes more likely when it has a time and place.

- Decide when, where and for how long.
- Use a cue, reminder or another person if helpful.
- Have a lower-energy version ready.

REVIEW THE EFFECT FAIRLY

An activity can be worthwhile without producing instant enjoyment.

- Rate pleasure and mastery separately.
- Notice mood before and after, not only during.
- Repeat useful actions long enough to gather real data.

TRY THIS AT YOUR OWN PACE

Motivation often follows action. Begin with a version that still feels possible on a low-energy day. You do not need to complete every prompt. If this becomes upsetting or starts to feel like repeated checking, pause and speak with your psychologist or another health professional.

Behavioural activation



NAME (OPTIONAL)

DATE

PLEASURE

One small activity that may bring interest, enjoyment or relief.

MASTERY

One task that may bring completion, competence or contribution.

CONNECTION

One manageable point of contact with another person or community.

HEALTH and ROUTINE

Sleep-wake rhythm, movement, food, medication or practical care.

MAKE IT SMALLER

What is the lowest-energy version?
What barrier can you remove?

SCHEDULE and REVIEW

When and where? Mood before/after; pleasure and mastery 0-10.

Use brief notes. There is no right way to complete this page. Download the PDF before typing so your entries can be saved.

Behavioural experiments

A behavioural experiment tests a prediction in real life. It is not about forcing yourself to prove a thought wrong. It is a planned way to gather information that thinking alone cannot provide.



WRITE A TESTABLE PREDICTION

Be clear about what you expect to happen.

- What exactly do you predict?
- How likely does it feel from 0 to 100?
- What observable result would count as evidence?

DESIGN A FAIR TEST

Choose a manageable experiment that answers the question.

- Change one important behaviour where possible.
- Reduce reassurance or safety behaviours enough to learn.
- Keep the test ethical, safe and proportionate.

OBSERVE RATHER THAN PERFORM

The aim is information, not a perfect outcome.

- Record what actually happened.
- Include unexpected or mixed results.
- Notice what you did that influenced the outcome.

UPDATE THE PREDICTION

Learning is usually more useful than a yes-or-no verdict.

- How likely does the original prediction feel now?
- What is a more complete conclusion?
- What smaller or stronger follow-up test would help?

TRY THIS AT YOUR OWN PACE

Treat the result as information. A mixed or unexpected outcome can still teach you something useful. You do not need to complete every prompt. If this becomes upsetting or starts to feel like repeated checking, pause and speak with your psychologist or another health professional.

Behavioural experiments



NAME (OPTIONAL)

DATE

1 PREDICTION

What exactly do you expect?
Likelihood 0-100.

2 QUESTION

What do you want the experiment to
help you find out?

3 EXPERIMENT

What will you do, when and where?
What will you vary?

4 WHAT TO OBSERVE

What result would support or not
support the prediction?

5 RESULT

What actually happened? Include
mixed or unexpected details.

6 LEARNING

Update likelihood 0-100. What did
you learn and what is the next test?

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Structured problem-solving

Problem-solving is most useful for a practical problem that can be acted on. It separates the problem from the emotional fog around it, creates options, and turns one chosen option into a specific plan.



DEFINE ONE PROBLEM

Use concrete wording and keep it within your influence.

- What is happening, for whom, where and when?
- What part can you affect?
- What is worry or uncertainty rather than a solvable task?

SET A WORKABLE OUTCOME

Aim for improvement rather than a perfect solution.

- What would 'better enough' look like?
- What constraints must be respected?
- What would be a realistic time frame?

GENERATE BEFORE JUDGING

Create several options, including imperfect ones.

- List obvious, small and creative options.
- Ask what advice you would give another person.
- Combine useful parts of different ideas.

CHOOSE, ACT AND REVIEW

A plan needs a first action and a review point.

- Compare likely benefits, costs and obstacles.
- Decide who will do what and by when.
- Review the result and revise without treating it as failure.

TRY THIS AT YOUR OWN PACE

You only need the next workable step. Review what happens before deciding what comes after it. You do not need to complete every prompt. If this becomes upsetting or starts to feel like repeated checking, pause and speak with your psychologist or another health professional.

Structured problem-solving



NAME (OPTIONAL)

DATE

1 DEFINE THE PROBLEM

One specific problem, including what is within your influence.

2 WORKABLE OUTCOME

What would 'better enough' look like?

3 OPTIONS

List several possibilities before judging them.

4 COMPARE

Likely benefits, costs, obstacles and consequences.

5 CHOSEN PLAN

What, when, where, who, and the first small action.

6 REVIEW

What happened? What worked? What needs adjusting?

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