

1. Behavioral Activation Plan Builder

Pretalk Script:

“Sometimes when our mood is low, we wait for energy or motivation to come first. But often, it’s action that creates the energy. Even small steps, chosen carefully, can begin to shift how we feel. What we’ll do today is create three activities together — simple, meaningful, and realistic — that gently move you forward.”

Process Walkthrough:

1. Ask: “What are three areas of life that matter to you — social, physical, or personal?”
2. Guide them to choose **one activity from each area**.
 - Example: calling a friend, a short walk, reading something uplifting.
3. Write down when, where, and for how long each activity will happen.
4. Ask them to commit to trying each once before the next session.

Debrief Script:

“How did it feel to imagine yourself doing these things? Which feels easiest to start with, and which feels most challenging? Let’s also write down how you expect to feel before and after each one — that way, we can compare your expectations with your experience when we meet again.”

2. SMART Goal Setting Tool

Pretalk Script:

“Goals are like directions for the mind. When they’re vague, they don’t lead us anywhere. But when they’re clear and concrete, the mind naturally leans toward them. Today we’ll take something you want to change and shape it into a SMART goal — Specific, Measurable, Achievable, Relevant, and Time-bound.”

Process Walkthrough:

1. Ask: “What’s one change you’d really like to make?”
2. Work through each SMART step:
 - Specific: Clarify what exactly they want.
 - Measurable: Define how to track progress.
 - Achievable: Ensure it’s realistic.
 - Relevant: Tie it to personal values.
 - Time-bound: Set a clear timeframe.

Debrief Script:

“On a scale of 1–10, how confident do you feel about achieving this? What would raise that number even one point? Remember, we’ll measure progress, not perfection, and adjust along the way.”

3. Activity Scheduling & Rewards System

Pretalk Script:

“Our brain doesn’t always wait for motivation — often motivation comes *after* action. If we put activities into a schedule, we’re not leaving them up to mood, but giving them a place in our life. And when we pair each with a small reward, we train the brain to feel good about following through.”

Process Walkthrough:

1. Bring out a weekly schedule or blank template.
2. Ask: “Which activities would you like to try this week?”
3. Write them into specific days/times.
4. For each activity, choose a small reward (coffee, favorite show, 10 minutes of relaxation).
5. Add a column for mood rating before and after.

Debrief Script:

“Which activity feels easiest to schedule? Which reward excites you most? Over time, you’ll see patterns — and your brain will start to connect effort with reward automatically.”

4. Graded Exposure Plan

Pretalk Script:

“Avoidance feels safe in the moment, but it actually feeds fear. By facing avoided things in small, steady steps, we teach the mind that it can handle them. Think of it like a ladder — we’ll start with the lowest rung and climb at your pace.”

Process Walkthrough:

1. Ask: “What’s a situation you’ve been avoiding that you’d like to change?”
2. Together, list steps from easiest → hardest.
3. Choose the very first step.
4. Ask: “What do you predict will happen if you do this?” Write it down.
5. Plan when, where, and how to attempt it before next session.

Debrief Script:

“When you try this step, notice what actually happens compared to what you expected. Afterward, ask yourself — did the fear shrink even a little? Each step is proof you can climb higher.”

5. Behavioral Experiments Log

Pretalk Script:

“Some beliefs feel like facts, but when we test them, we often find they’re not as solid as they seemed. A behavioral experiment lets us step outside of assumptions and see what’s true in real life. We’ll treat it like a curious scientist, not a test you can pass or fail.”

Process Walkthrough:

1. Identify one unhelpful belief. Example: “If I speak up, people will laugh.”
2. Ask: “What experiment could we design to test this?”
3. Write prediction: “I expect X will happen.”
4. Carry out the experiment.
5. Record actual outcome.

Debrief Script:

“What did you notice? Was the outcome the same as you predicted, or different? How might this experience shift the way you see that belief now?”

6. Pleasure–Mastery Balance Tool

Pretalk Script:

“Balance in life isn’t only about doing what’s enjoyable — it’s also about doing what brings accomplishment. Pleasure lifts the spirit, mastery strengthens the self. Together, they support a stable mood. Today we’ll create a balance of both.”

Process Walkthrough:

1. Make two columns: Pleasure | Mastery.
2. Ask: “What activities bring you enjoyment? What activities give you a sense of accomplishment?”
3. Write down at least three in each column.
4. Schedule a balance across the week (e.g., one pleasure, one mastery daily).

Debrief Script:

“As you try these, notice — do you feel more energized after mastery? More calm after pleasure? Which side feels most missing in your life right now?”

7. Avoidance Pattern Breaker

Pretalk Script:

“When we avoid something, it feels safe in the short term, but the longer we avoid, the bigger it becomes in our mind. The good news is, avoidance can be broken gently — even five minutes of effort can change the pattern. Today we’ll pick one avoided task and start to shrink it.”

Process Walkthrough:

1. Ask: “What’s one task you’ve been avoiding?”
2. Break it into smaller steps.
3. Use the ‘5-minute rule’: Commit to only 5 minutes. If you want to stop after, you can.
4. Plan when and how to attempt it.

Debrief Script:

“When you started, what did you notice? Did the task feel smaller once you began? Each small step weakens avoidance and strengthens your freedom.”

8. Mood & Activity Tracking Tool

Pretalk Script:

“Our mood and our activities move together like tides and moonlight. By tracking them, we can see connections that were hidden before. This awareness helps us choose more of what lifts us, and less of what weighs us down.”

Process Walkthrough:

1. Provide a daily log (paper or app).
2. Ask client to rate mood (0–10) each day.
3. Write main activities and any short notes on thoughts or energy.
4. Review weekly together.

Debrief Script:

“When you look back, what patterns stand out? Which activities lifted your mood most? Which drained it? These patterns become your guide for wiser choices.”

✅ These scripts are now **session-ready**: you can read them directly in meetings, or paste them into your dashboard as guided cards.

Would you like me to **design worksheet layouts** (tables and forms) for each process so you can hand them out or use them interactively in Zoom sessions?