

Pre-Talk Script – "Mood Follows Motion" (Client Explanation)

(Use this as a gentle, educational prelude. You can read it or paraphrase it in your tone.)

“Sometimes when we’re feeling low, tired, unmotivated, or even a bit lost, it seems like the last thing we want to do is *do something*. The mind says, ‘I’ll wait until I feel better, then I’ll get up, go out, take care of things.’ But the truth is—**that feeling doesn’t always come first.**”

In Behavioral Activation, we work from the understanding that our **mood is a result of what we do**, not just what we think or feel. It’s not about pushing ourselves hard or forcing change—it’s about **gently moving toward life again**. Step by step.

When you’re feeling down, you may notice you’ve stopped doing things that used to bring joy, meaning, or even just a sense of completion. That’s normal. Our mind and body are trying to protect us by conserving energy or avoiding stress. But over time, that withdrawal can create more stuckness.

What we do today—even one small thing—sends a signal to the body and brain that life is worth showing up for. That we are, in fact, capable of creating moments of joy, connection, or purpose again.

Today we’ll take the first step. A small one. And then, I’ll give you something simple to take home and keep practicing. Not to push yourself—but to give yourself *more chances* to feel life again.”

Session Activity – "Reactivating Life Gently"

Step 1: Elicit Current State (2–3 minutes)

Ask:

- “What does your day-to-day look like right now?”
- “Are there times you notice yourself withdrawing or avoiding certain things?”
- “What activities—past or present—bring you some joy, pride, peace, or meaning?”

Use reflective listening, pace their answers, and gently highlight patterns of avoidance or inactivity without judgment.

Step 2: Introduce the 3 Activity Categories (2 minutes)

“In Behavioral Activation, we look for three types of activities:

- **Pleasure activities** – Things you enjoy or once enjoyed (e.g., music, nature, hobbies)

- **Mastery activities** – Things that give you a sense of accomplishment, no matter how small (e.g., cleaning one corner, responding to an email)
- **Connection activities** – Interactions that give you a sense of closeness or belonging (e.g., calling a friend, sitting with a pet, being around others)

These three are the ingredients that gently restart life. Not all at once, but in small, doable steps.”

Step 3: Guided Imagery & Planning (5–7 minutes)

(Adapt this into a conversational or hypnotic tone, guiding them inward to access memories and desires.)

“Take a moment now and imagine a version of yourself that feels just 10% more energized or 10% more connected to life. Not fixed, not perfect—just a little more present.

What might that version of you do today? Or tomorrow? Even if just for a few minutes?

Let a few ideas come to you. Maybe something that used to bring joy. Or something small you’ve been putting off. Maybe even just sitting outside or moving your body.

Now... let’s pick **one** thing. Something doable. Small. You don’t need to feel ready—you only need to be willing. What will that one thing be?”

Let them respond. Reflect and affirm their choice.

Homework – 3-Day Activation Tracker

(Provide this as a printed or digital worksheet)

Behavioral Activation – 3-Day Practice Sheet

Gently reconnect with life, one small step at a time.

Instructions:

Each day, choose and complete one activity from each category below. Start small. Even 5 minutes counts. Check off the box when done, and jot down how you felt afterward. No pressure—just curiosity.

Day **Pleasure Activity** **How I Felt** **Mastery Activity** **How I Felt** **Connection Activity** **How I Felt**

1

2

3

Examples:

- *Pleasure:* Listening to music, walking in nature, reading, dancing, painting
- *Mastery:* Doing laundry, cooking a meal, checking a task off your list
- *Connection:* Sending a message, petting an animal, saying hello to a neighbor

At the end of 3 days, reflect:

- What did you learn about how actions affect your mood?
- What would you like to continue doing?