

Activity monitoring and scheduling

Activity monitoring

An ability to help clients complete an activity chart in order to monitor their activities
An ability to help clients rate degrees of pleasure and mastery associated with activities
An ability to review activity charts with the client, identifying:
activities which are over- or under-represented
activities which are associated with high or low levels of pleasure and mastery
conclusions about these patterns of activity
An ability to work with the client to identify and plan specific changes to activities, identifying any thoughts (assumptions or beliefs) which might make it difficult for the client to implement these changes

Activity scheduling

An ability to use the activity chart to help clients schedule activities for the forthcoming week (e.g. pleasurable activities, previously avoided activities, therapy homework)
An ability to help clients record both predicted and actual levels of pleasure and mastery associated with scheduled activities
An ability to review activities with the client, and to discuss how these activities test out any automatic thoughts or beliefs which emerge prior to, or while carrying out, activities