

Table 6.1
Psychoeducation for Activity Monitoring and Scheduling

<u>Behavioral Inactivity and Distress</u>
Distressed individuals tend to have low levels of energy and negative automatic thoughts, resulting in negative emotions.
Interaction of negative automatic thoughts and emotions makes it hard to initiate and complete basic daily tasks and activities.
Ability to experience accomplishment and pleasure is reduced.
Engage in behaviors that maintain or increase current distress.
Vicious cycle develops when maladaptive behaviors reinforce negative automatic thoughts and emotions.
Feel “stuck” or “in a rut,” where it feels like nothing can be done to relieve distress.
<u>Behavioral Activation</u>
Will help to move in the “opposite” direction by breaking the vicious cycle and be “unstuck.”
Has the potential to provide some immediate short-term relief.
Will first focus on behavior patterns before thoughts – initially less invasive.
Will return to completing daily tasks and activities with a sense of accomplishment and pleasure.