



Behavioral Activation: Daily Practice Log

Anxiety often convinces us to avoid activities that matter most — leaving us feeling stuck, disconnected, or “held hostage.” Behavioral activation flips this by helping you schedule actions first. Then, you track what thoughts and feelings show up along the way.

This builds evidence that you can act with anxiety, rather than letting it control your choices.

Step 1: Choose Your Vital Activities

Pick 1–3 daily activities that matter to you (aligned with your values, even if anxiety says 'don't').

Examples: Call a friend • Go for a 10-minute walk • Study for 30 minutes • Practice relaxation before bed

Step 2: Daily Practice Log

Date	Planned Activity	Did I Do It? (Y/N)	Thoughts	Feelings
_____	_____	■ Y ■ N	_____	_____
_____	_____	■ Y ■ N	_____	_____
_____	_____	■ Y ■ N	_____	_____
_____	_____	■ Y ■ N	_____	_____
_____	_____	■ Y ■ N	_____	_____

_____	_____	■ Y ■ N	_____	_____
_____	_____	■ Y ■ N	_____	_____

Step 3: Reflection

- What patterns do you notice in your avoidance?
- What types of activities does anxiety try hardest to keep you from?
- How do you feel after completing an activity, compared to giving in to avoidance?

Encouragement

Avoidance shrinks your world. Each action — no matter how small — is a step toward reclaiming your freedom and values.