

Behavioural activation hierarchy

After completing your planning sheet, the next step is to make a hierarchy of tasks in terms of how difficult they would be to begin to build back in. You need a mix of routine, necessary and previously pleasurable things in each of the steps. If a task feels too difficult, try and break it down into easier parts. You can then begin to plan in your first BA tasks on the diary from your easier section.

Below write each step in your hierarchy

✦ Most difficult...

✦ More difficult...

✦ Easiest...