

# Activities of Pleasure

Activities we do for themselves – often involving play, hobbies, or spending time with friends and family.







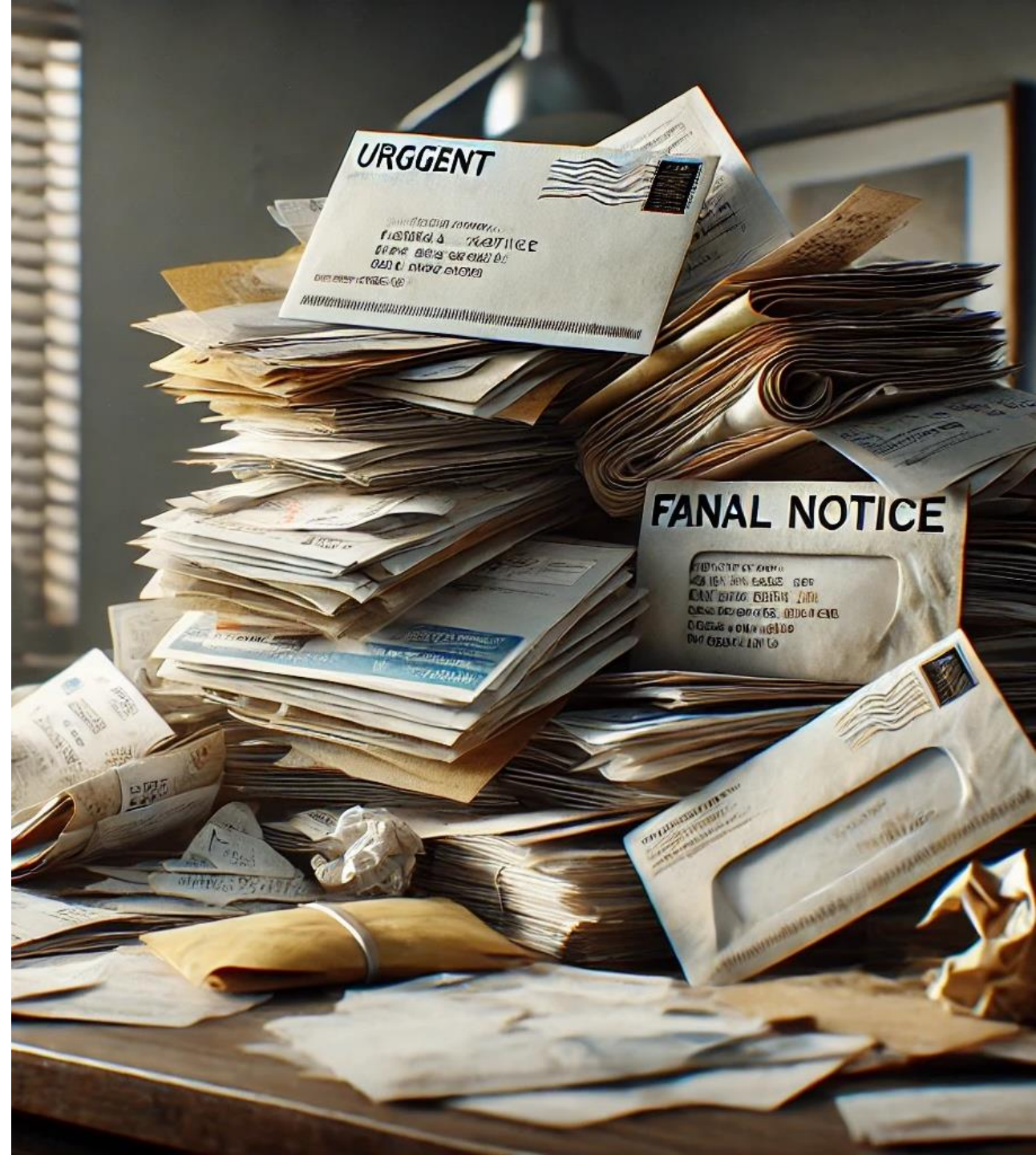
# Activities of Accomplishment

Activities we do to accomplish something – often involving effort to complete a task, develop a skill, physical activity, and creative and professional endeavors.



# Activities We Have Been Avoiding

Activities that we have been avoiding are tasks that we know we need to do – but haven't – and they can contribute to our depression symptoms.







# Activities of Value

Activities we do that aline with our personal values. Our values orientate us in the world and brings meaning into our lives when we act in accordance with them.