

LOTUS & TULIP · FREE STARTER PACK

Free Depression Worksheets *for Therapists*

Behavioral activation starter pack: 6 real pages from the full 20 page set. Client use license included.

For adult and older teen clients. US Letter, print or annotate in any PDF app

The low mood cycle · daily activity and mood log · activity menu
small steps · weekly activity plan · support and safety

All 20 pages: **etsy.com/listing/4607328229**

How to use this starter pack

Notes for the licensed clinician

Inside (8 pages)

1. Cover
2. How to use this starter pack
3. The low mood cycle
4. Daily activity and mood log
5. Activity menu: ease and reward
6. Break it into small steps
7. My weekly activity plan
8. Support and safety contacts

One way to use it

Walk through the low mood cycle together, so the client can see how doing less keeps low mood going and where a small change could break the loop. Use the daily activity and mood log for a few days to find the links between what they do and how they feel. Build an activity menu of easy and rewarding options, shrink the first step of anything that feels too big, then schedule a few activities on the weekly plan and review what happened next session. Keep the support and safety page close.

Client use license

You may print and share these pages, on paper or as PDF, with your own clients, in session, as homework or through your telehealth or client portal. Please do not resell them or post the file on other websites; share the link to the free download instead.

Safety first

Depression can bring thoughts of suicide. Screen for risk as you normally would, and if a client talks about wanting to die or hurting themselves, follow your safety protocol right away. The last page lists the US 988 Suicide and Crisis Lifeline and 911.

Good to know

An educational tool for licensed clinicians and other qualified professionals, written for adult and older teen clients with low mood, withdrawal or loss of interest. It does not diagnose or treat any condition and is not a substitute for professional care.

Designed with the help of an AI generator, then reviewed and edited page by page. All wording is our own.

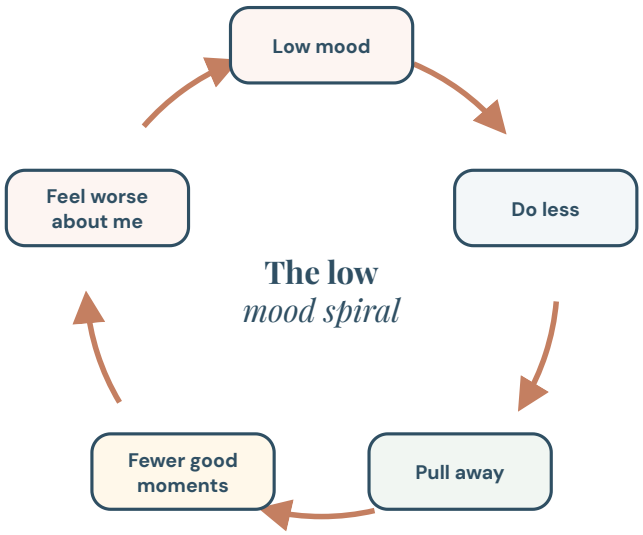
The full depression set: 18 worksheets, 20 pages

Worksheet	In this pack	Worksheet	In this pack
The low mood cycle	Yes	Spotting avoidance	Full set
Mood check in	Full set	Rumination: notice and redirect	Full set
Daily activity and mood log	Yes	Reconnecting with people	Full set
Things I used to enjoy	Full set	Body basics	Full set
What matters to me	Full set	Getting past obstacles	Full set
Activity menu: ease and reward	Yes	Kind words for hard days	Full set
Act first, motivation follows	Full set	8 week mood and activity tracker	Full set
Break it into small steps	Yes	Staying well plan	Full set
My weekly activity plan	Yes	Support and safety contacts	Yes

Full depression and behavioral activation set, EUR 10: etsy.com/listing/4607328229 · Treating more than low mood? **Therapist Worksheets Mega Bundle** (8 packs: CBT, DBT, ACT, anxiety, grief, ADHD, kids feelings, notes; depression set sold separately), EUR 39: etsy.com/listing/4607247979

The low mood cycle

See how doing less can keep low mood going, and where to step in



Resting or staying in can bring short relief, but over time life holds fewer rewards and more problems, so mood drops further.

My cycle

What started my low mood (if I know)

Things I have stopped doing

People or places I avoid

What I do instead

How this leaves me feeling

What the cycle has cost me (plans, work, people, health)

Small actions that could break the cycle

Key idea: we do not have to wait to feel better before we act. Small, planned actions are often what helps mood start to lift.

Daily activity and mood log

Notice the link between what I do and how I feel

Write what you did in each block, then rate mood, enjoyment and sense of achievement from 0 to 10. Fill it in a few times a day, not only at night.

Time	What I did (where, with whom)	Mood 0 to 10	Enjoyment 0 to 10	Achievement 0 to 10
6 to 8 am				
8 to 10 am				
10 to 12 pm				
12 to 2 pm				
2 to 4 pm				
4 to 6 pm				
6 to 8 pm				
8 to 10 pm				
10 pm on				

Times my mood was higher, and what I was doing

Times my mood was lower, and what I was doing

Activity menu: ease and reward

Build a menu, then pick the easiest activities that still feel rewarding

Activity	Ease 0 to 10	Reward 0 to 10	Pleasure, achievement or connection?

Start here: circle the activities that score high on both ease and reward. These are your first steps. Keep the harder ones for later weeks.

My top three to try first

Break it into small steps

When a task feels too big, make the first step so small it is hard to say no

The task or activity I keep putting off

1	Step 1	When	Done? Mood 0 to 10
2	Step 2	When	Done? Mood 0 to 10
3	Step 3	When	Done? Mood 0 to 10
4	Step 4	When	Done? Mood 0 to 10
5	Step 5	When	Done? Mood 0 to 10
6	Step 6	When	Done? Mood 0 to 10
7	Step 7	When	Done? Mood 0 to 10
8	Step 8	When	Done? Mood 0 to 10

If even step 1 feels too big, an even smaller version

How I will reward myself for each step

Example: tidy the kitchen becomes put five things away, then wash three cups, then wipe one counter.

My weekly activity plan

Schedule activities like appointments, then tick what happened

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning							
Afternoon							
Evening							
Done?							
Mood 0 to 10							

Aim for a mix each day: one thing for **pleasure**, one for **achievement** and, when you can, one for **connection**. Be specific: what, when, where and with whom.

What helped me follow the plan

What I will change next week

Support and safety contacts

Fill in with your clinician and keep it close

My warning signs

Things I can do on my own to feel safer

People I can reach out to (name and number)

My clinician and practice contact

In the United States, if you are in crisis or thinking about suicide: call or text **988** (988 Suicide and Crisis Lifeline), or chat at 988lifeline.org. In an emergency, call **911**. Outside the US, contact your local emergency number.

Depression is common and treatable. These pages support, and do not replace, care from a licensed professional.

L&T

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Liked this free printable?

The complete, ready to print version is here:

Depression and Behavioral Activation Worksheets for Therapists, all 20 pages

Holiday sale on Etsy until Dec 2: about $9.20, was $12

Get it on Etsy

etsy.com/listing/4607328229 | instant digital download

See every page first: lotustulip.com/depression-and-behavioral-activation-worksheets.html

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