

Pleasurable Activity Journal

When a person is clinically depressed, they can experience anhedonia, which is a lack of pleasure in activities that they used to find enjoyable (Treadway & Zald, 2011). With this in mind, it can be useful for clients to outline which activities they typically enjoy and to gradually build them into their recovery plan. It is further useful to track how pleasurable the client finds such activities across time, to monitor progress.

Directions:

Use the template below to log your activities and rate how much pleasure you feel before and after doing them:

Date	Activity	Pleasure (0 = None, 10 = Maximum)
		Before:
		After:
		Before:
		After:
		Before:
		After:
		Before:
		After:
		Before:
		After:
		Before:
		After:

Reference:

- Treadway, M. T., & Zald, D. H. (2011). Reconsidering anhedonia in depression: lessons from translational neuroscience. *Neuroscience & Biobehavioral Reviews*, 35(3), 537-555.

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