



Brief Behavioral Skills: Behavioral Activation Resources and Acknowledgements

Resources

- [Behavioral Activation Worksheet](#)

References

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Acknowledgements

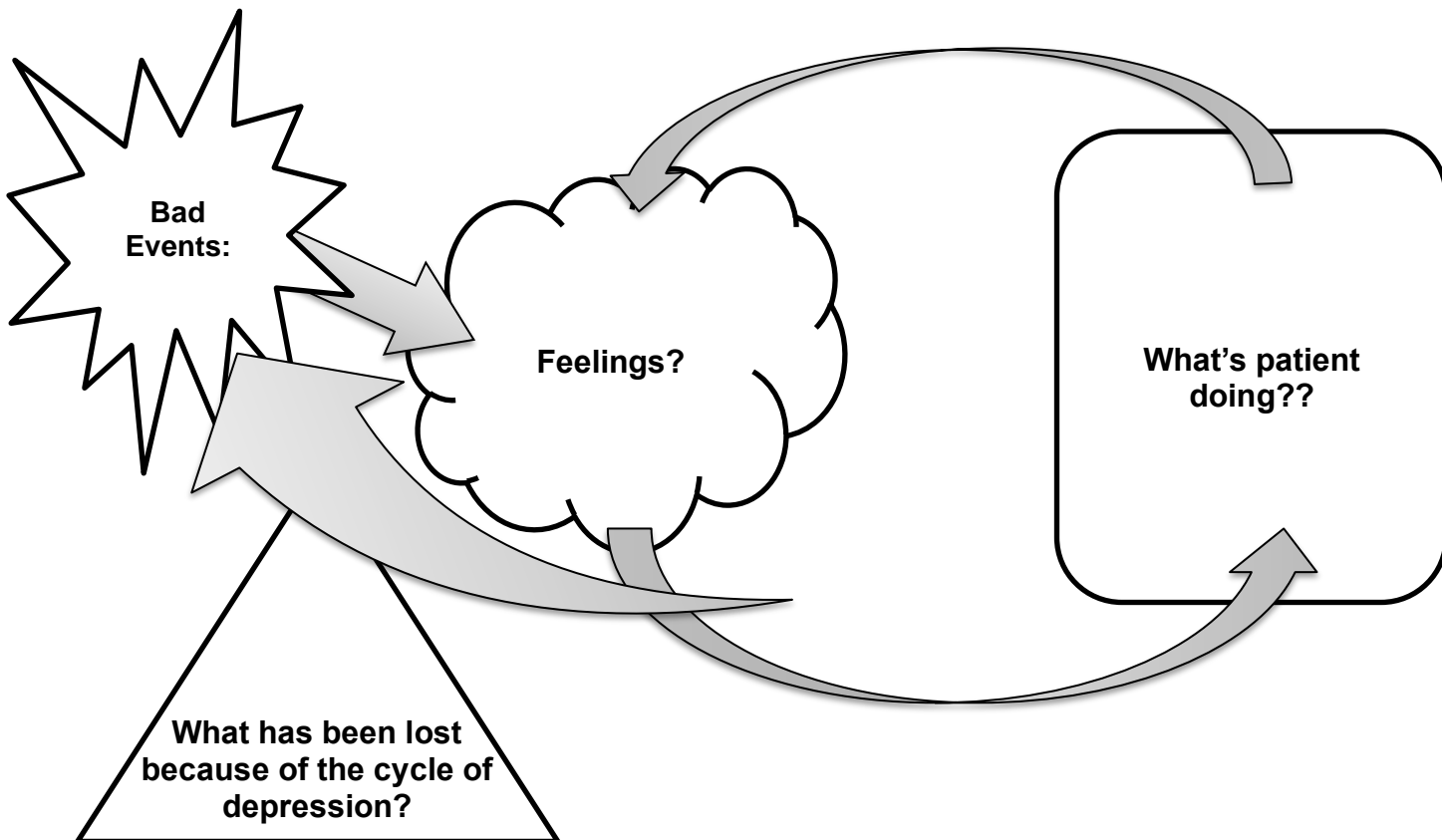
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Behavioral Activation Worksheet

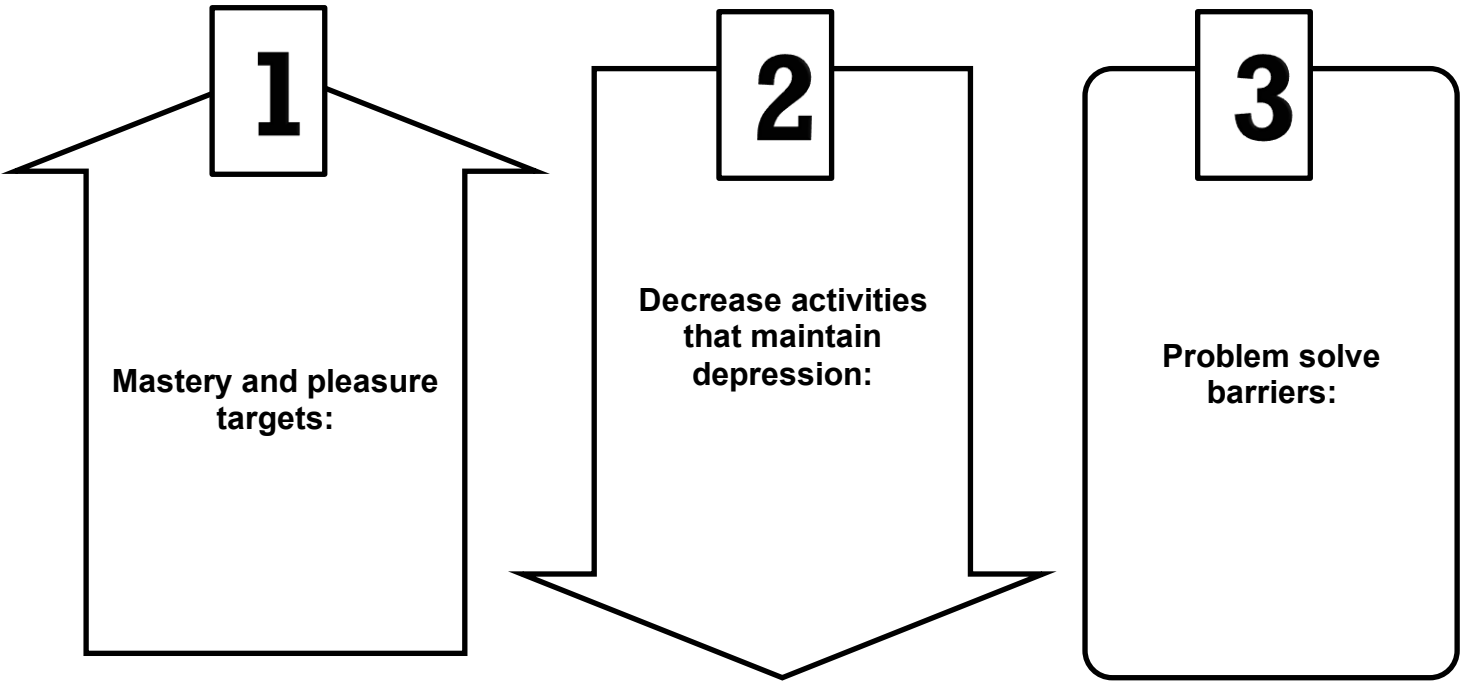
(K. Stephens, PhD and A. Ratzliff MD, PhD)

BA Formulation- The Pitch



WHAT IS BEING AVOIDED?

BA GOALS



BA Treatment Plan

Target	Approach