Initial Assessment
Provide workbook/case study

Rationale for BA and PA

Generate ideas: R.P.N.*
Rate difficulty
Select 1-3 easy options

Make an action plan

Implement plan.
Self-monitor progress

Review progress
Problem-solving
Update and add to plan
(graded efficacy-building; coping plan)

Plan for on-going activities and mood management

Selectively reinforce PA

WHEN READY
Revisit rationale to explicitly include PA

Selectively reinforce PA

*R= Routine P= Pleasurable N= Necessary