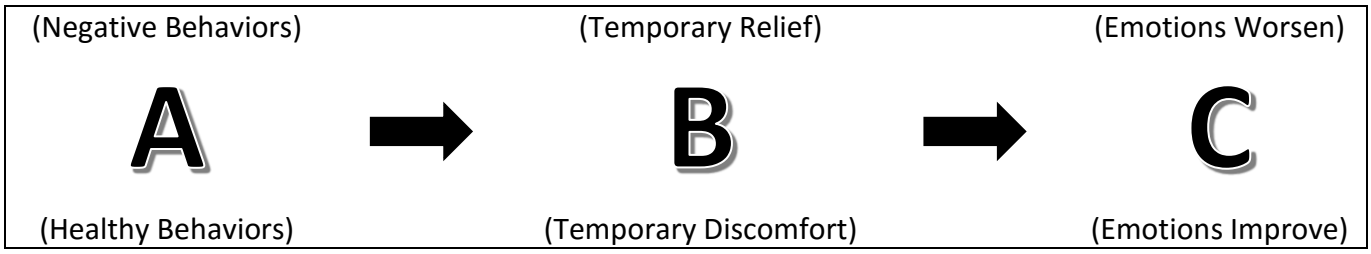
Getting Active

Engaging in positive & rewarding behaviors reduces negative feelings & eliminates negative behaviors. It is difficult to keep feeling bad when you are engaging in fun & rewarding activities – it just takes time.



Step 1. Identify negative behaviors that keep you feeling bad.
Step 2. Create a list of easy and positive replacement behaviors.
Step 3. Start with the easiest behaviors first, and as you successfully increase your activity level, slowly add other healthy behaviors.

Step 1. What are some of the negative behaviors which keep you feeling bad?

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Step 2.

Activities that will Bring a Sense of Pleasure or Accomplishment, or Behaviors Incompatible with the Negative Behaviors	Difficulty/Level of Reward