

Behavioural Activation Worksheet

Re-engaging With Life Through Action and Himmah

Understanding Behavioural Activation

When low mood, sadness, or futoor (spiritual sluggishness) takes hold, we tend to withdraw. Withdrawal feels protective in the short term, yet it deepens the very low mood we are trying to escape. Behavioural activation reverses this cycle. We act first, even in small ways, and the mood often follows.

In Islamic tradition, this reflects the concept of himmah (lofty aspiration and resolve). The Prophet (peace be upon him) said:

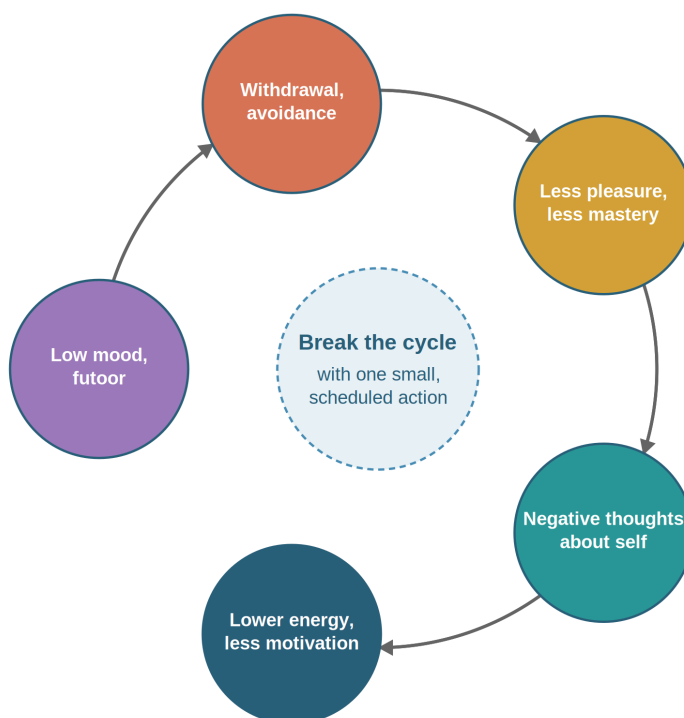
“Be keen on what benefits you, seek help from Allah, and do not give in to weakness.”

Sahih Muslim 2664.

How the cycle keeps low mood in place

The Withdrawal Cycle in Low Mood

How avoidance maintains low mood, and how action breaks the cycle



Small actions, taken regularly, are the most beloved deeds to Allah (Sahih al-Bukhari 6464).

Notice that the cycle has no clear starting point: each part feeds the next. You do not have to find 'the cause' to break it. You only need to interrupt it at any point.

Clinical note: Behavioural activation works on the principle that mood follows action, not the other way around. Begin with very small steps.

Section 1: Mapping Your Withdrawal

What I am avoiding or withdrawing from	What I tell myself about it	How it makes me feel afterward

Spiritual reflection

Has my withdrawal also pulled me away from acts of worship I used to find comfort in? Salah, du'a, recitation of Qur'an, sitting with family, halal community?

Section 2: Identifying Meaningful Activities

Domain 1: Ibadah and connection with Allah

1. _____
2. _____
3. _____
4. _____

Domain 2: Family and silat al-rahm

1. _____
2. _____
3. _____
4. _____

Domain 3: Body and physical care

1. _____
2. _____
3. _____
4. _____

Domain 4: Community and brotherhood/sisterhood

1. _____
2. _____
3. _____
4. _____

Domain 5: Learning and beneficial knowledge

1. _____
2. _____
3. _____
4. _____

Domain 6: Pleasure and halal enjoyment

1. _____
2. _____
3. _____
4. _____

Section 3: Weekly Activation Plan

Day	Morning	Afternoon	Evening

Clinical note: *Consistency over intensity. The Prophet (peace be upon him) said the most beloved deeds to Allah are those done consistently, even if small (Sahih al-Bukhari 6464; Sahih Muslim 783).*

Section 4: After-Action Review

Activity completed	Mood before (0-100)	Mood after (0-100)	What I learned

لَا تَيْأَسُوا مِنْ رَوْحِ اللَّهِ

“Do not despair of the mercy of Allah.”

Qur'an, Surah Yusuf, 12:87.

References

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