## Table 6.6
Common Challenges for Behavioral Activation

<table>
<thead>
<tr>
<th>Challenge</th>
<th>Possible Considerations</th>
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| Client low motivation to initiate activity monitoring and scheduling      | --Do you have a good collaborative relationship with your client?  
--Was your psychoeducation of the benefits of activity monitoring understood, including relationship to their current distress?  
--Consider alternative methods to reduce client distress and/or increase energy level and hope for change before moving forward. |
| Client struggles to complete Weekly Activity Monitoring Log or Daily Activity Schedule | --Did the client understand the instructions?  
--Was the client overwhelmed with the activity?  
--Did working on the activity increase levels of distress?  
--Remember that there is still much information to be gained for activities that were initiated and not completed (or even not initiated); good opportunity to explore related thoughts and feelings, and potential obstacles.  
--Some behavioral patterns are difficult to change. It may take time to see change – focus on and build off of the small steps.  
--If the client has completed activities in the past, were they reviewed the following session (i.e., was there value placed on the assignment)? |
| Difficulty knowing what areas to focus on the Weekly Activity Monitoring Log to inform moving forward with the Daily Activity Schedule | --Ask the client what tasks were most difficult to complete and/or resulted in the most distress.  
--Ask the client what would be the most beneficial tasks to engage in.  
--Review Weekly Activity Monitoring Log Evaluation Questions: look for patterns of behaviors, including high/low levels of pleasure/accomplishment and potential obstacles.  
--When reasonable, focus on integrating activities related to your client’s strengths. |
| Difficulty moving forward after activity monitoring and scheduling         | --Sometimes, clients experience much relief after completing behavioral activation activities. Depending on the client this may or may not generalize to other areas of distress. When appropriate, consider how therapeutic gains from these activities can be applied to other presenting problems.  
--Explicitly demonstrate relationship between thoughts/emotions and recent behavioral change.  
--Use current distress relief and increased motivation as a springboard for implementing more challenging interventions.  
--Consider how the information gained from these activities informs your CBT case formulation and future treatment goals and interventions. |