

A List of Possible Homework Activities

1.) Self-monitoring & Thought-recording activities

- a. Target behaviors
- b. Self-destructive thoughts
 - Identification of antecedents and consequence
- c. Positive thoughts/balancing thoughts
 - Balancing thought would be developed in session.
 - i. Identification of the old thought
 - ii. Identification of the balancing thought
 - Consequences
- d. ABC Worksheet
 - Activating Event Belief Consequence

2.) Scheduling/Restructuring of Activities- Pleasurable activities (BA)

- Best used following values clarification exercises
 - a. Includes mindfulness and self-relaxation exercises

3.) Increasing information- experientially

- a. Find the sequence
- b. Ask the expert
- c. Exercises of paradox (always encourage considerable assessment prior to paradox)

4.) Practicing alternate behaviors/ behavior manipulation

- a. Pattern interruption

5.) Practicing cognitive techniques

- a. Thought stopping
- b. Cognitive restructuring