

# Gedragsactivatieschema

Ga een sombere stemming en inactiviteit tegen door bewust activiteiten te plannen die een gevoel van voldoening (beheersing) of plezier geven.


**MASTERY (M)**

Sense of accomplishment/skill


**PLEASURE (P)**

Enjoyment, relaxation, or fun

*B = Beheersing (Prestatie), P = Plezier (Genieten). Score 0-10.*

| TIME                            | MA    | DI    | WO    | DO    | VR    | ZA    | ZO    |
|---------------------------------|-------|-------|-------|-------|-------|-------|-------|
| ☀ <b>OCHTEND (7:00 - 12:00)</b> |       |       |       |       |       |       |       |
| 08:00                           | M / P | M / P | M / P | M / P | M / P | M / P | M / P |
| 10:00                           | M / P | M / P | M / P | M / P | M / P | M / P | M / P |
| 🌞 <b>MIDDAG (12:00 - 17:00)</b> |       |       |       |       |       |       |       |
| 12:00                           | M / P | M / P | M / P | M / P | M / P | M / P | M / P |
| 14:00                           | M / P | M / P | M / P | M / P | M / P | M / P | M / P |
| 16:00                           | M / P | M / P | M / P | M / P | M / P | M / P | M / P |
| 🌙 <b>AVOND (17:00 - 22:00)</b>  |       |       |       |       |       |       |       |
| 18:00                           | M / P | M / P | M / P | M / P | M / P | M / P | M / P |
| 20:00                           | M / P | M / P | M / P | M / P | M / P | M / P | M / P |
| 22:00                           | M / P | M / P | M / P | M / P | M / P | M / P | M / P |