



Behavioural Activation for Depression

TRAC Worksheet (Trigger, Response, Avoidance Pattern)

You can make copies of this worksheet for future use. For each circumstance in which you have identified a TRAP, fill in the information that will help you get back on TRAC. Using the same circumstances, triggers, and responses from your TRAP worksheet, write down several possible alternative coping behaviours to break the avoidance pattern. Then choose one alternative and commit to a time to try it. Observe the consequence once you've tried the alternative behaviour and continue to use this method with other alternatives.

TRAC

Circumstance:

Trigger:

Response:

Possible Alternative Coping Behaviours:

Choose One Alternative to Try:

Commit to a time to try it:

Consequence: