Appendix B

Moving From Life Areas and Values to Activities

Life area (1/5): Relationships
- Value: Being a loving parent
  - Activity: Tell my child I love them every day
  - Activity: Make a special breakfast for my child on Saturday
  - Activity: Pick up my child from school promptly each day
- Value: Being an attentive and caring friend
  - Activity: Call my friend once per week
  - Activity: Text my friend
  - Activity: Ask my friend about his or her week
- Value: Caring for the needs of your spouse
  - Activity: Make special plans with spouse
  - Activity: Tell spouse I love them every day
  - Activity: Buy my partner a surprise gift

Life area (2/5): Education/career
- Value: Get more formal education
  - Activity: Ask a friend for advice about school
  - Activity: Write out a plan for enrolling in school
- Value: Learn new skills for work
  - Activity: Ask someone at work to teach me a new skill
  - Activity: Take a class
- Value: Be knowledgeable about the world around you
  - Activity: Read the newspaper everyday
  - Activity: Talk about current events to a stranger
- Value: Improve your job performance and satisfaction
  - Activity: Set a work-related goal
  - Activity: Read a book about my profession
- Value: Find a new job that fits with your skills and interests
  - Activity: Look at job advertisements
  - Activity: Talk to someone who has a job available

Life area (3/5): Recreation/interests
- Value: Being active
  - Activity: Go to the park with my son
  - Activity: Take a walk outside
  - Activity: Play football on Saturday

(continued)

Appendix B (continued)

Value: Being artistic and creative
Activity: Knit
Activity: Make crafts
Value: Making a sacrifice for something you believe in
Activity: Start a petition
Activity: Spend time helping at my place of worship
Value: Helping others less fortunate or who need help
Activity: Donate clothes
Activity: Spend 30 min helping an elderly person
Value: Showing a commitment to your country
Activity: Vote in an election
Activity: Volunteer for a campaign
Life area (4/5): Mind/body/spirituality
Value: Being physically healthy
Activity: Go to a doctor for a physical/check-up
Activity: Eat fruit everyday
Activity: Take my medication as prescribed
Value: Talking to someone about your problems and feelings
Activity: Ask someone to lunch to talk
Activity: Make an appointment with a therapist
Activity: Write in a journal
Value: Developing your religious/spiritual views
Activity: Talk with a religious figure
Activity: Talk to others with religious beliefs you are interested in
Value: Living a spiritual life
Activity: Pray everyday
Activity: Read my religious material
Activity: Attend a religious service
Value: Being tolerant, nonjudgmental, accepting of others differences
Activity: Talk to someone with a different background
Activity: Read a book about a different culture
Life area (5/5): Daily responsibilities
Value: Being someone others can depend on
Activity: Arrive at work on time
Activity: Offer to help someone who is very busy
Activity: Repay a debt

(continued)

Appendix B (continued)

Value: Taking care of your belongings
- Activity: Complete a much-needed household repair
- Activity: Wash your clothes and shoes
- Activity: Clean the house

Value: Being organized
- Activity: Review my days activities the night before
- Activity: Use a calendar to record dates and meetings
- Activity: Develop a filing system for important paperwork

Authors' Note

All forms and form supplements are available online at http://bmo.sagepub.com/supplemental. They can also be requested from the first author.

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Notes

1. Acceptance and Commitment Therapy (ACT) provides a useful discussion of values that provided a useful starting point in use of life areas, values, and activities (Hayes, Strosahl, & Wilson, 1999).
2. In retrospect, it may have been more prudent to name the treatment BBATD instead of BATD, with the first B to highlight the brief nature of the treatment.