

Accomplishment–Pleasure Rating Worksheet

Create a list of activities and rate each on how accomplished you would feel after doing it and how pleasurable it would be to perform it.

Scale: 0 to 5, where “0” indicates no level of accomplishment or pleasure and “5” indicates high levels of accomplishment.

Number	Activity / Behavior	Achievement	Pleasure
Example	<i>cooking a new recipe</i>	4	4
1.			
2.			
3.			
4.			
5.			
6.			
7.			

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