

## **WORKING WITH DEPRESSION**

1. What overwhelming thought or situation triggers depressive feelings?
2. What thoughts come up in response to feeling depressed?
3. What physical sensations are associated with depressive feelings?
4. How uncomfortable is the feeling of depression on a scale from 1 to 10 (1 being not at all uncomfortable and 10 being extremely uncomfortable)?
5. How do you try to avoid feeling depressed? Does this help in the long term?
6. What could you do to cope with depressed feeling in a positive way?