

The background features several abstract, organic shapes in teal and pink. Some are solid colors, while others are thin outlines. The shapes are scattered across the white background, creating a modern and artistic feel.

OVERCOMING DEPRESSION WORKBOOK



DEAR STUDENT

WE ARE SUPER EXCITED TO HAVE YOU IN THE OVERCOMING DEPRESSION COURSE.

THIS COURSE IS DESIGNED TO HELP LEARN HOW TO EFFECTIVELY MANAGE YOUR DEPRESSION SYMPTOMS.

PLEASE ACCEPT THIS WORKBOOK AS A RESOURCE TO HELP YOU SUCCESSFULLY NAVIGATE AND MAKE USE OF THIS COURSE.

IF YOU HAVE ANY QUESTIONS, PLEASE CONNECT WITH OTHER MEMBERS OF THE COURSE VIA THE COURSE DISCUSSION/FORUM AREA.

SEE YOU INSIDE,

THE FYENERGY TEAM

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DEPRESSION ASSESSMENT WORKSHEET

The PHQ-9 is widely used questionnaire and diagnostic tool used to screen adults for the presence and severity of depression.

Answer the questions below to complete the depression assessment.

PATIENT HEALTH QUESTIONNAIRE

Over the last 2 weeks, how often have you been bothered by the following problems?

Little interest or pleasure in doing things	0	1	2	3
Feeling down, depressed or hopeless	0	1	2	3
Trouble falling or staying asleep or sleeping too much	0	1	2	3
Feeling tired or having little energy	0	1	2	3
Poor appetite or overeating	0	1	2	3
Feeling bad about yourself..or that you are a failure or have left yourself on your family down	0	1	2	3
Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
Moving or speaking so slowly that people could have noticed or the opposite-being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
Thoughts you would be better off dead or of hurting yourself	0	1	2	3

SCORING GUIDE

Total Score	Depression Severity
1-4	Minimal Depression
5-9	Mild Depression
10-14	Moderate Depression
15-19	Moderately Severe Depression
20-27	Severe Depression

MY TRIGGERS WORKSHEET

Take some time to identify potential triggers for depression.

Triggers can be anything from people, places, situations, tv events or even specific memories or thoughts.

Take some time and think about your triggers in each area below for depression.

PEOPLE WHO TRIGGER MY DEPRESSION

1
2
3
4
5

PEOPLE WHO TRIGGER MY DEPRESSION

1
2
3
4
5

EVENTS/SITUATIONS THAT TRIGGER MY DEPRESSION

1
2
3
4
5

MEMORIES THAT TRIGGER MY DEPRESSION

1
2
3
4
5

THOUGHT ERRORS WORKSHEET

Thoughts are like a running dialogue in your brain. They come and go fast. So fast, in fact, that we rarely have the time to question them. Because our thoughts determine how we feel, and how we act, it's important to challenge any thoughts that may cause us harm.

Part 1: Gaining Insight Into Your Thought Errors

On the My triggers worksheet, you identified some triggers to your depression.

This worksheet will help you focus on the triggers you can't immediately change. Pick one and complete part 1 of this worksheet.

Write your trigger of focus (for this worksheet) in the box below

Now learn more about different thought errors below to identify your personal thought errors

1. THOUGHT ERROR #1: IGNORING THE GOOD

Description: You pay more attention to bad things, and ignore when something good happens.

Examples:

You get one answer wrong on a long test, and all you can think about is the mistake (or) You score two goals in your soccer game, but all you can think about is the shot you missed.

Can you identify ways you might have been ignoring the good in the trigger above

2. THOUGHT ERROR #2: BLOWING THINGS UP

Description: Making a really big deal out of something small, or making something a little bit bad seem like the worst thing ever.

Examples:

You get a stain on your new shoes and you think they're ruined and can't be worn anymore (OR) I'm not allowed to see my friends on Friday. My life is horrible!"

Can you identify ways you might have been blowing things up in the trigger above

3. THOUGHT ERROR #3: FORTUNE TELLING

Description: Thinking you know what will happen in the future, and that it will be bad.

Examples:

I know if I ask her to the dance she's going to say no."I bet no one will come to my birthday party."

Can you identify ways you might have been future telling in the trigger above

4. THOUGHT ERROR #4: MIND READING

Description: Believing you know what someone else is thinking, or why they are doing something, without having enough information.

Examples:

People are looking at me. They probably think my shirt is ugly." (OR) Emma didn't invite me to her party. I bet she thinks I'm weird."

Can you identify ways you might have been mind reading in the trigger above

5. THOUGHT ERROR #5: NEGATIVE LABELING

Description: Having a negative belief about yourself and thinking it applies to everything you do.

Examples:

"I'm a loser so my artwork stinks." (OR) "I'm so stupid. Everything I say is dumb."

Can you identify ways you might have been negative labeling in the trigger above

6. THOUGHT ERROR #6: SETTING THE BAR TOO HIGH

Description: Having a negative belief about yourself and thinking it applies to everything you do.

Examples:

"I'm a loser so my artwork stinks." (OR) "I'm so stupid. Everything I say is dumb."

Can you identify ways you might have been negative labeling in the trigger above

6. THOUGHT ERROR #6: SETTING THE BAR TOO HIGH

Description: Having a negative belief about yourself and thinking it applies to everything you do.

Examples:

"I'm a loser so my artwork stinks." (OR) "I'm so stupid. Everything I say is dumb."

Can you identify ways you might have been negative labeling in the trigger above

7. THOUGHT ERROR #7: SELF BLAMING

Description:

Blaming yourself for anything that goes wrong around you, even if you had nothing to do with it.

Examples:

When your basketball team loses a game, you think it's entirely your fault. (OR) "Alicia is sad today. I probably did something to upset her."

Can you identify ways you might have been self blaming in the trigger above

8. THOUGHT ERROR #8: FEELINGS AS FACTS

Description: Believing that if you feel something, it must be true.

Examples:

"I feel ugly, so I must be ugly." (OR) "I feel like I'm a bad friend, so I must be a bad friend."

Can you identify ways you might have been using feelings as facts in the trigger above

9. THOUGHT ERROR #9: SHOULD STATEMENTS

Description: Believing things have to be a certain way.

Examples:

"People should always be nice to me." (OR) "I should always be happy. I should never be sad."

Can you identify ways you been using should statements in the trigger above

PART 2: CHALLENGING YOUR THOUGHT ERRORS

Use the process below for each thought error you identified in part 1.

Spend a moment thinking about each of the following questions and record and explain your responses below.

Thought to Be Questioned

What is the evidence for this thought? Evidence against this thought?

Am I basing this thought on facts or on feelings?

Is this thought black and white, when reality is more complicated?

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Could I be misinterpreting the evidence? Am I making any assumptions?

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Might other people have different interpretations of the same situation? What are they?

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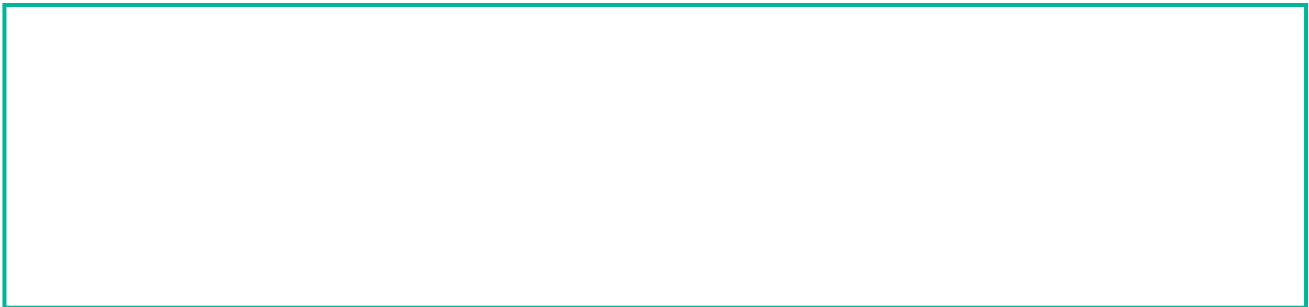
Am I looking at the evidence or just what supports my thought?

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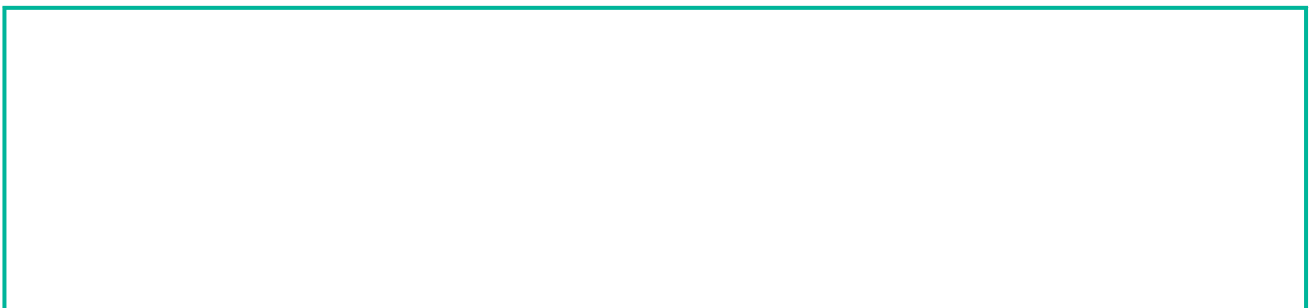
Could my thought be an exaggeration of what's true?

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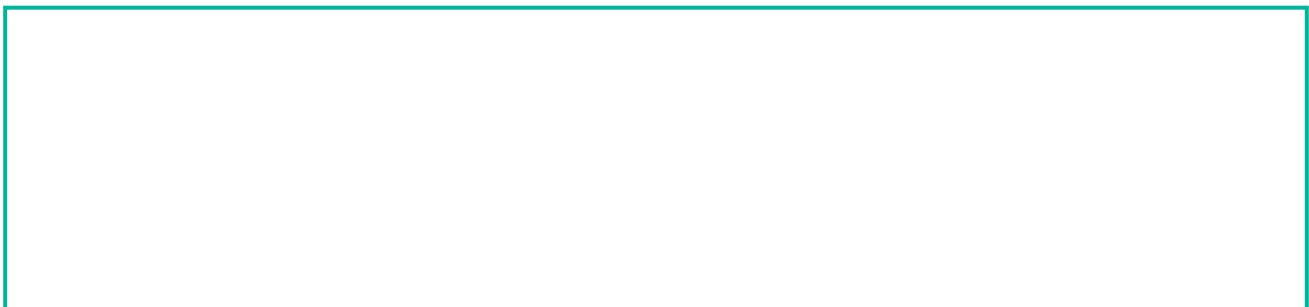
Am I having this thought out of habit or do the facts support it?

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Is my thought a likely scenario or is it the worst case scenario?

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Did someone pass this thought/belief to me? If so, are they a reliable source?

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