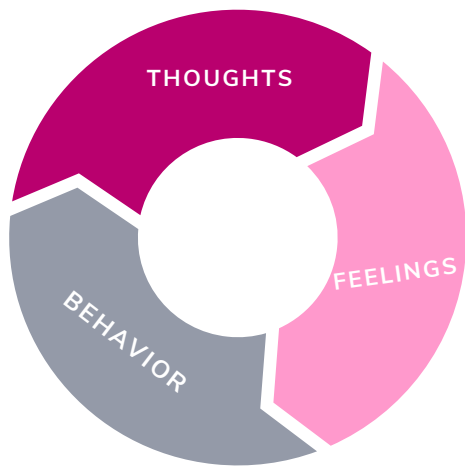


Understanding the DEPRESSION CYCLE



This diagram shows us that thoughts, feelings, and behavior all influence each other. When have negative thoughts, or have experienced a stressful event, this can trigger emotions such as sadness, anxiety, embarrassment, or hopelessness. These emotions often cause people to isolate themselves and lose motivation for day to day activities.

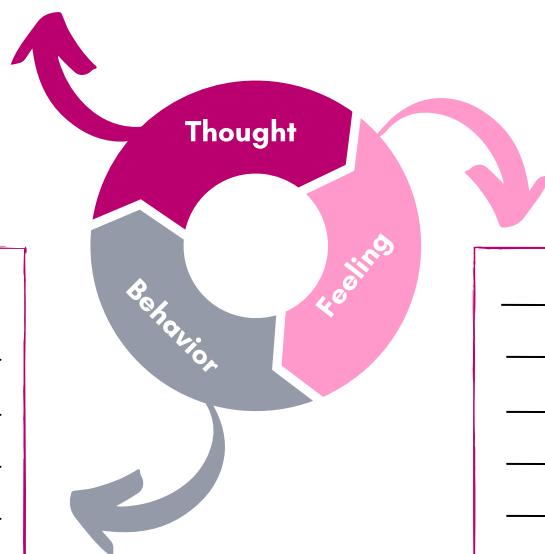
This cycle perpetuates itself... lets look at an example

Uh oh! you didnt get the lead role in the school play...



So how might this cycle be affecting you? Fill in the diagram below (and make photocopies if needed) to explore how your negative thoughts, feelings, and behaviors all affect each other. Then on the next page, brainstorm some ways you can break this cycle, and discuss with your therapist.

Triggering event (if applicable): _____

[illegible][illegible]

Use the space below to reflect on the cycle(s) that you have mapped out. Can you think of any specific ways you could break the cycle? (Hint: reframing negative thoughts, or changing behavior)

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.