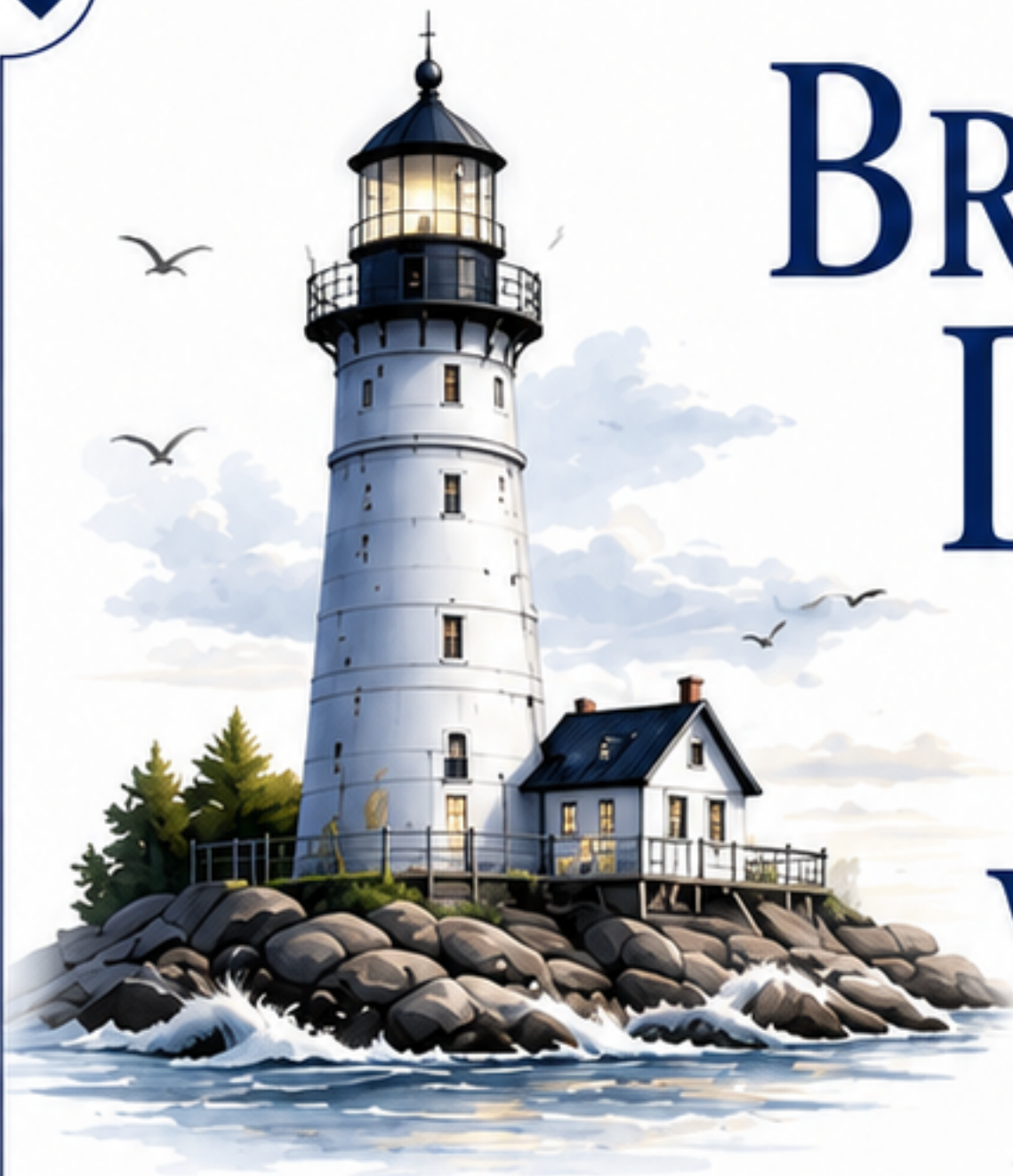




# BREAKING FREE DEPRESSION RECOVERY WORKSHEETS

*20 Printable Tools for Healing, Support, and Hope*



A practical collection for mood awareness,  
daily recovery, self-care, relapse prevention,  
support, and healing.



## REMEMBER:

Healing is possible.  
Small steps  
still matter.  
Be gentle with  
yourself.  
One day  
at a time.

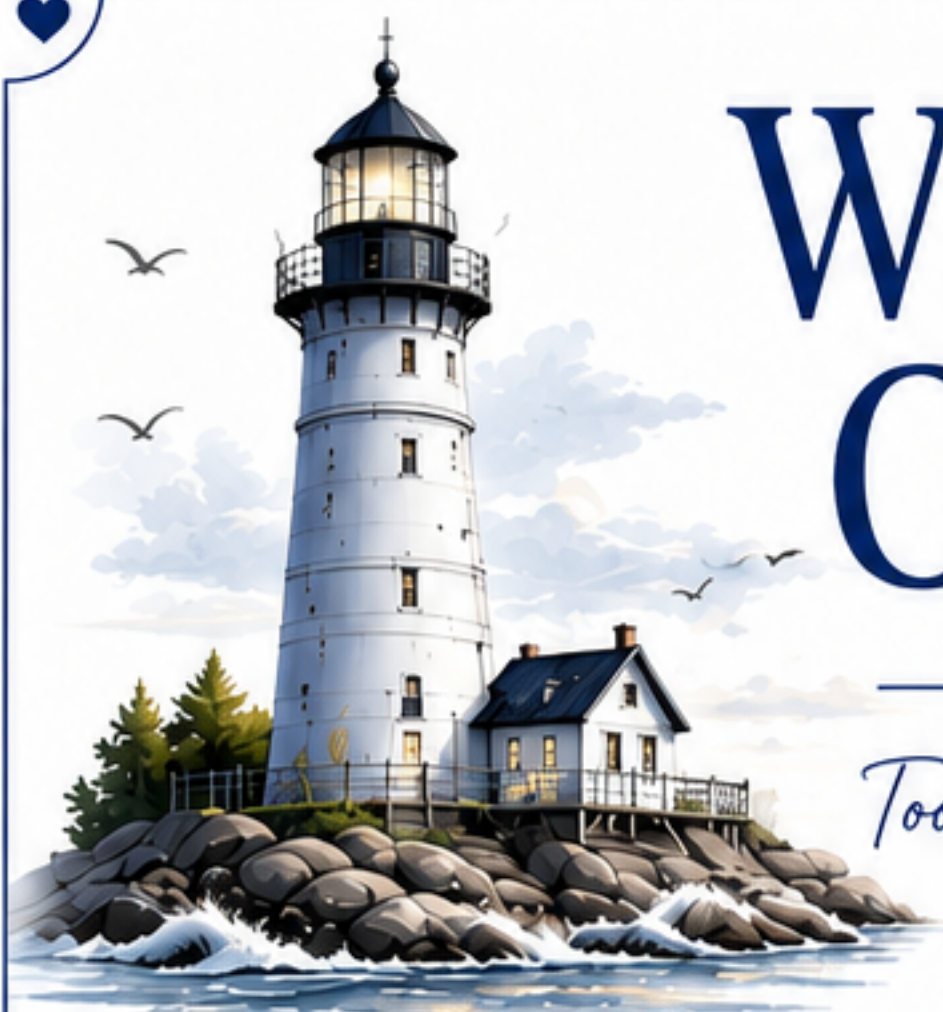
*One decision can  
change your life.  
Make today Day One.*

♥ 20-PAGE PACKET ♥

♥ ..... ⚓ Created by R. Miller ⚓ ..... ♥

Educational support — not medical or mental-health treatment.





# WORKSHEET CONTENTS

*Tools for awareness. Steps for healing.  
Hope for recovery.*

## REMEMBER:



Recovery is possible.

Small steps  
still matter.

You are not alone.

One day  
at a time.



1.

## MOOD & TRIGGERS

- Trigger Tracker ..... 3
- Daily Mood Check-In ..... 4
- Depression Emergency Support Plan ..... 5
- Grounding Through Low Moments ..... 6



2.

## DAILY RECOVERY

- Daily Recovery Planner ..... 7
- Weekly Recovery Review ..... 8
- Monthly Recovery Review ..... 9
- Recovery Milestone Reflection ..... 10



3.

## DEPRESSION AWARENESS & SELF-CARE

- Energy & Activity Tracker ..... 11
- Self-Care Support Plan ..... 12
- Thought Check-In ..... 13
- What Depression Has Cost Me ..... 14



4.

## RELAPSE PREVENTION

- Relapse Prevention Plan ..... 15
- Personal Warning Sign Checklist ..... 16
- Hard Day Survival Plan ..... 17
- Recovery Contract ..... 18



5.

## SUPPORT & RELATIONSHIPS

- Support Team Contacts ..... 19
- Counselor Discussion Guide ..... 20
- Family Boundary Planner ..... 21
- Self-Compassion Reflection ..... 22





# TRIGGER TRACKER

*Notice the people, places, emotions, times,  
and situations connected to low mood  
or emotional shutdown.*

## REMEMBER:

♥  
Awareness  
is the first step.  
What you notice,  
you can change.  
One small step  
today.



1. What happened right before  
my mood dropped?



2. Where was I and who was present?



3. What thoughts or feelings  
showed up?



4. How low did my mood  
feel from 0–10?



My mood level: \_\_\_\_\_

5. What did I do next?



6. What could help next time?



♥ ..... ♥ *One decision can change your life.* ♥ ..... ♥



# DAILY MOOD CHECK-IN

## MOOD & TRIGGERS

*Record mood level, what happened,  
what helped, and what you learned.*

### REMEMBER:

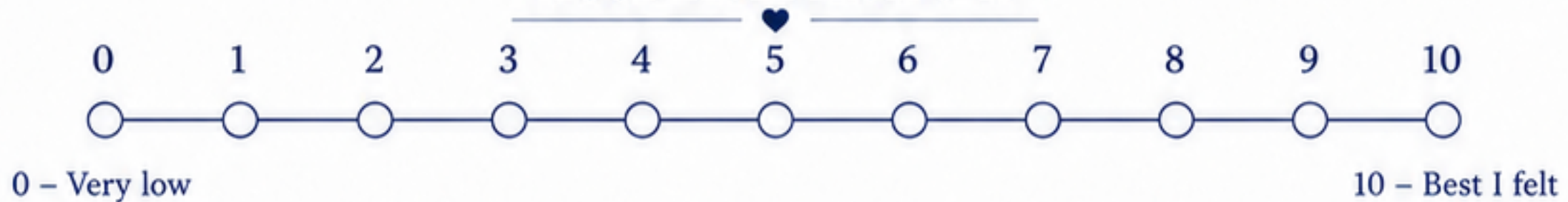
One moment  
of awareness  
can change  
your day.

Your feelings  
matter.

Be gentle with  
yourself.

Date and time: \_\_\_\_\_ AM / PM

### MOOD LEVEL FROM 0-10



TRIGGER OR SITUATION: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



THOUGHTS AND FEELINGS: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



COPING ACTION USED: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



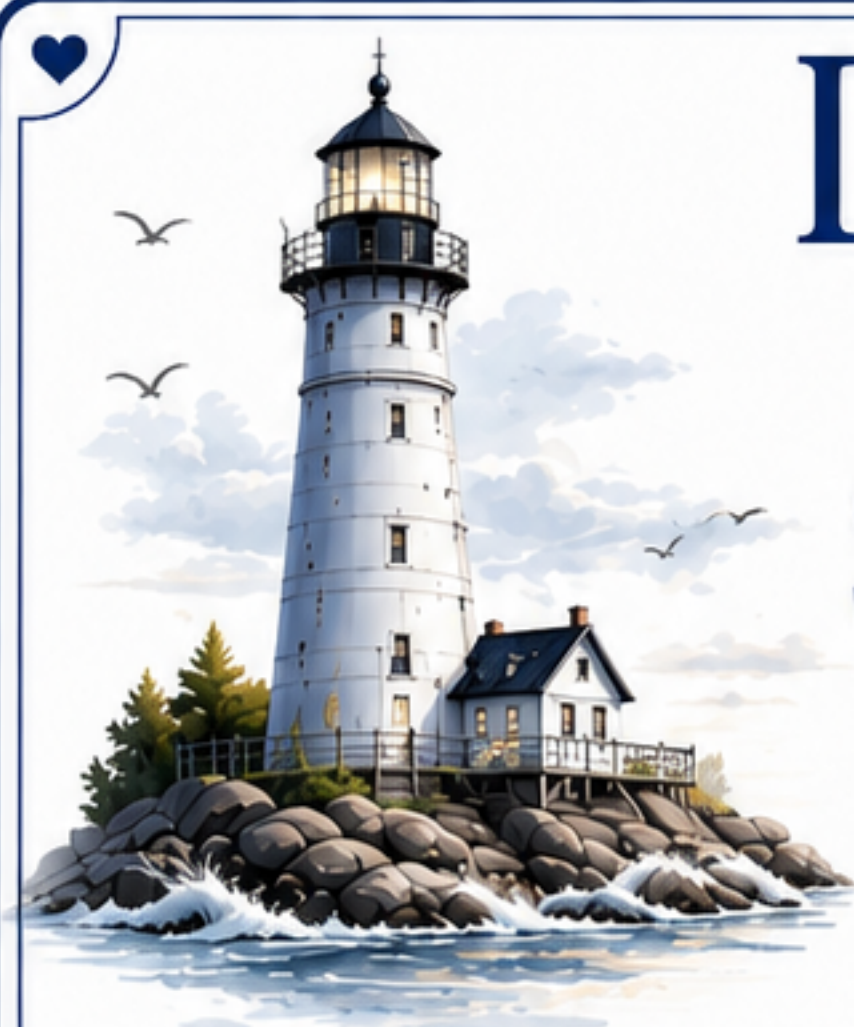
WHAT HELPED MOST? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



WHAT DID I LEARN? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_







# DEPRESSION EMERGENCY SUPPORT PLAN

## MOOD & TRIGGERS

*Create a step-by-step plan for moments  
when depression feels overwhelming.*

REMEMBER:



Pause.

Reach out.

You do not have  
to carry this  
alone.



### 1. MY EARLY WARNING SIGNS



- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### 2. THREE PEOPLE I CAN CONTACT



1. \_\_\_\_\_ Phone: \_\_\_\_\_
2. \_\_\_\_\_ Phone: \_\_\_\_\_
3. \_\_\_\_\_ Phone: \_\_\_\_\_

### 3. PLACES OR SPACES WHERE I FEEL SAFER



- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### 4. WAYS I WILL REDUCE ISOLATION OR OTHER HIGH-RISK SITUATIONS



- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### 5. ACTIONS I WILL TAKE DURING THE FIRST 20 MINUTES



- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### 6. EMERGENCY OR CRISIS CONTACTS



Crisis Text Line: Text HOME to 741741

National Suicide & Crisis Lifeline: 988

Local Crisis Line: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_  
Phone: \_\_\_\_\_

Other Contact: \_\_\_\_\_  
Phone: \_\_\_\_\_

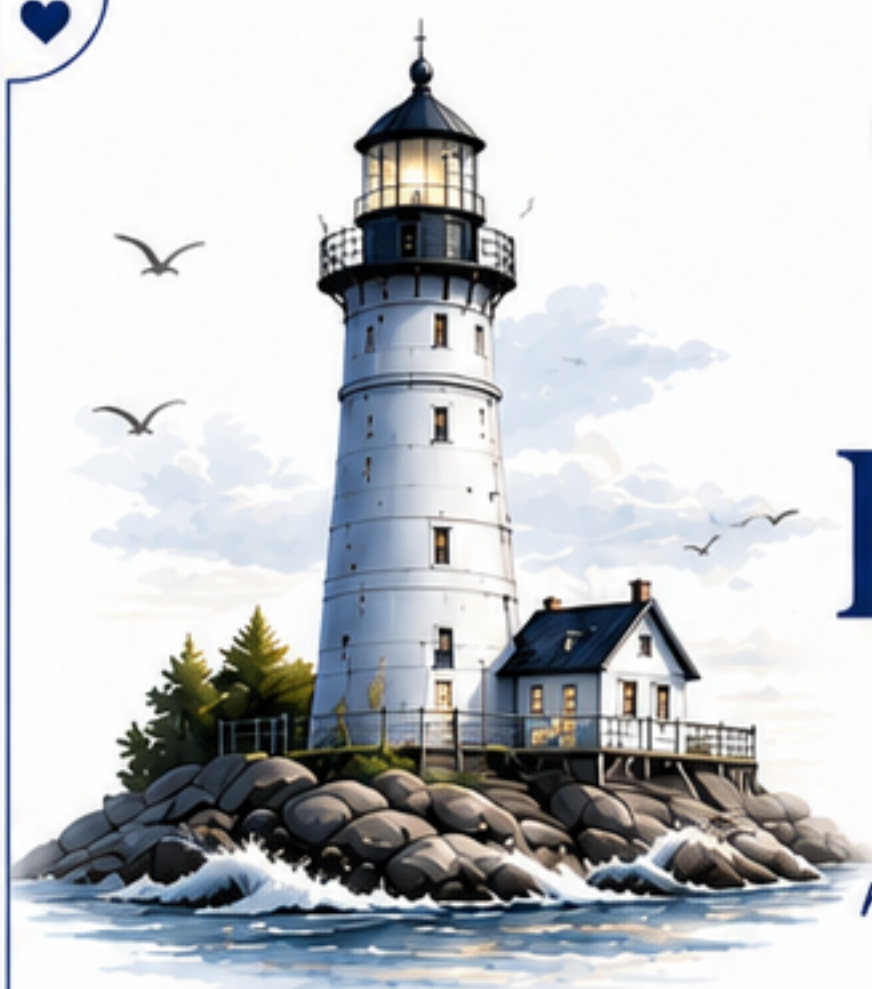
### ♥ MY SUPPORT STATEMENT ♥

*I choose safety. I choose support. I choose one small next step.*

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_







# GROUNDING THROUGH LOW MOMENTS

*Practice noticing, breathing, and  
reconnecting when depression feels heavy.*

## REMEMBER:



Healing is possible.

Small steps  
still matter.

Stay with  
this moment.



## ♥ MOOD & TRIGGERS ♥

1 What triggered the low moment?

---

---

2 What do I feel in my body?

---

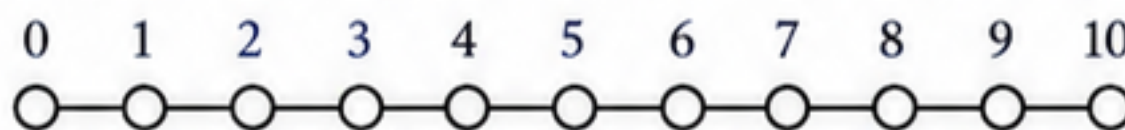
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3 What thoughts are here right now?

---

---

4 Mood level at the beginning



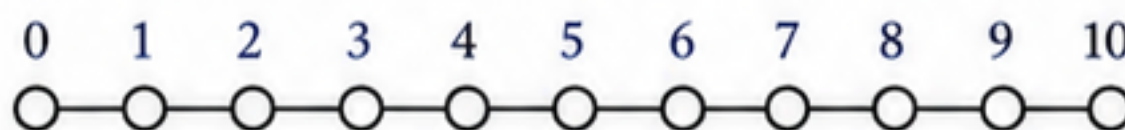
Mood level: \_\_\_\_\_

5 What grounding or self-kindness practice did I use?

---

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6 Mood level after 10–20 minutes



Mood level: \_\_\_\_\_

7 What did I notice about the feeling changing?

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*Feelings can shift.  
Small actions can help.  
I can stay with myself through this moment.*







⚓ DAILY RECOVERY ⚓

# DAILY RECOVERY PLANNER

*Plan support, manageable activities,  
responsibilities, and a gentle evening.*

REMEMBER:



Small steps  
matter.

Today is enough.

You are worthy  
of care.



TODAY'S TOP THREE PRIORITIES

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



ONE HEALTHY ACTIVITY OR  
GENTLE MOVEMENT I WILL DO

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



PEOPLE OR SUPPORTS  
I WILL CONNECT WITH

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



ONE MEAL, SNACK, OR BASIC NEED  
I WILL NOT SKIP TODAY

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



POSSIBLE TRIGGERS TODAY

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



MY PLAN FOR THE HARDEST  
PART OF THE DAY

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



ONE KIND THING I WILL DO FOR MYSELF TONIGHT

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_







# WEEKLY RECOVERY REVIEW



## DAILY RECOVERY



*Reflect on wins, setbacks, triggers,  
and priorities for the coming week.*

### REMEMBER:



Progress is  
still progress.

Keep showing up  
for yourself.

Small changes  
count.



1 My biggest win this week

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2 A difficult moment and how I responded

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3 Triggers I noticed

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4 What helped me stay on track

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---

5 What needs more attention

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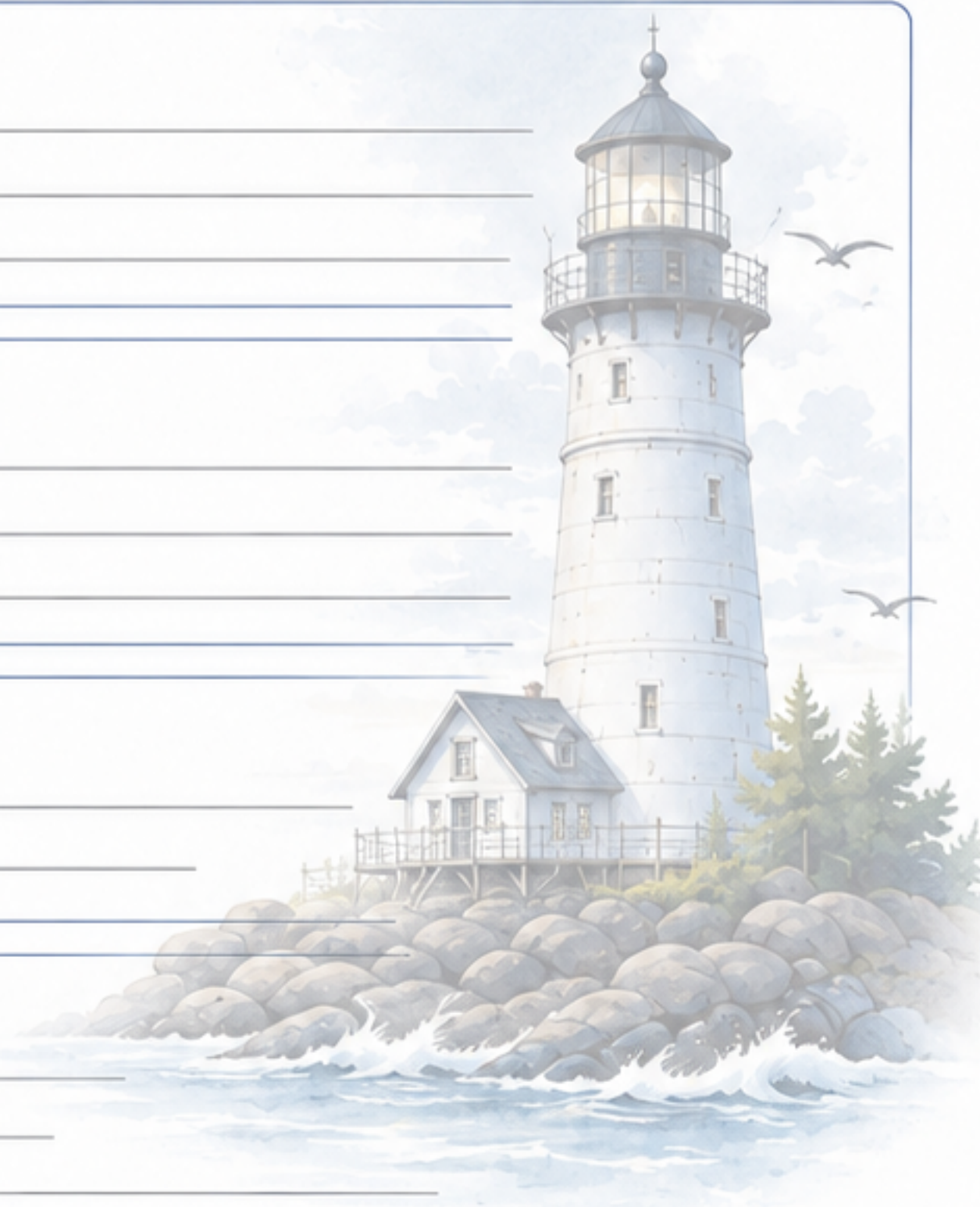
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6 My main goal for next week

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# MONTHLY RECOVERY REVIEW

## ⚓ DAILY RECOVERY ⚓

*Track longer-term patterns and recognize meaningful progress.*

REMEMBER:



Small steps  
create change.

Be kind to  
yourself.

You are healing.



1 Progress I am proud of this month

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2 Patterns I noticed in mood, energy, or depression symptoms

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3 Relationships or responsibilities that improved

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4 What was hardest this month?

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5 Support I need next month

---

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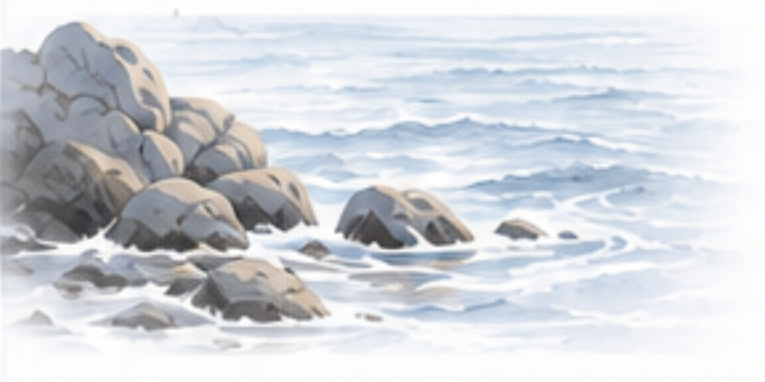
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6 My next-month focus

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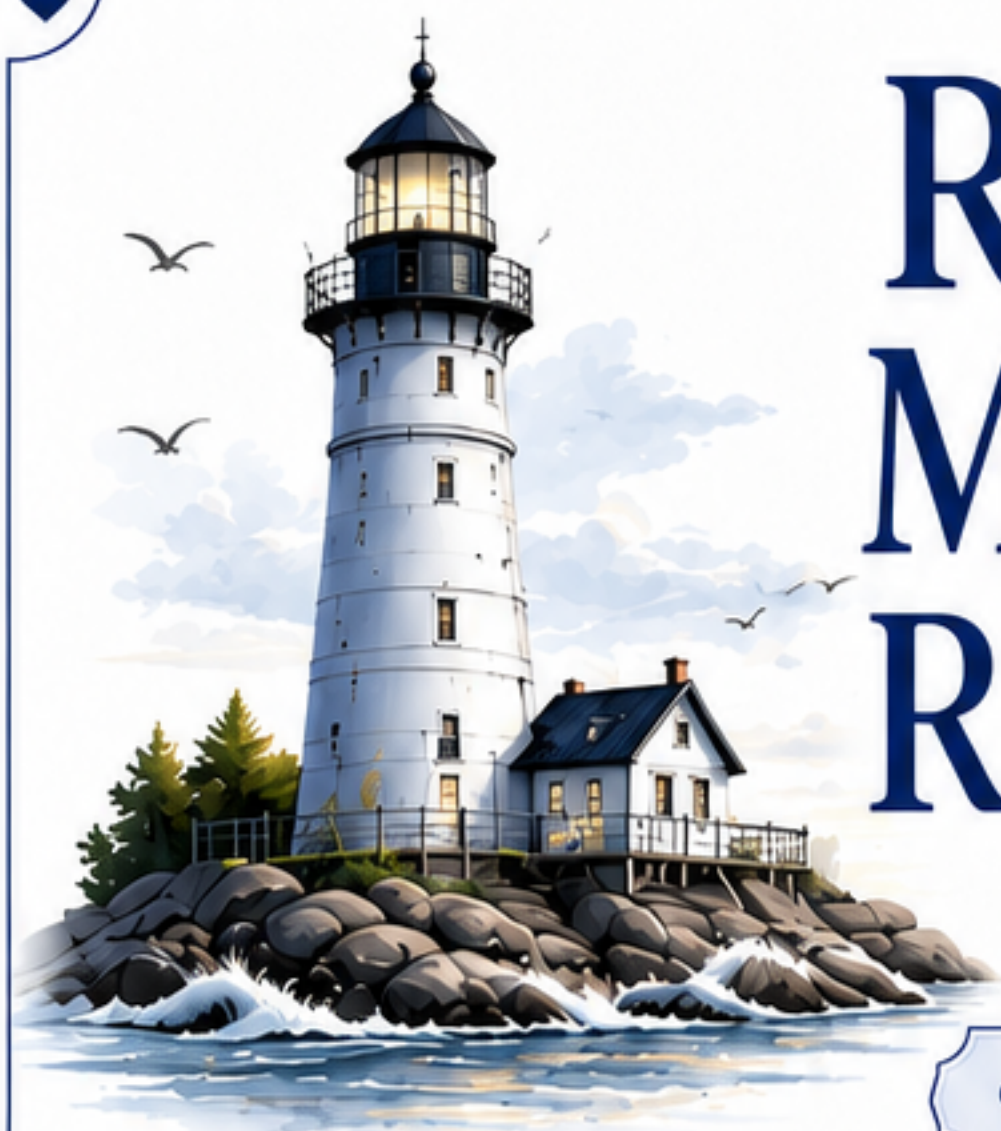
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Consistent reflection can lead  
to lasting change.  
Keep showing up for your future.





# RECOVERY MILESTONE REFLECTION

REMEMBER:



Look back with  
compassion.



Stay present with  
purpose.



Keep moving forward  
with hope.



DAILY RECOVERY



*Honor important milestones with honest reflection and renewed commitment.*

1. Milestone reached and date ♥

Milestone: \_\_\_\_\_ Date: \_\_\_\_\_

2. What has changed since I began? ♥

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3. What helped me reach this point? ♥

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4. What am I most proud of? ♥

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5. What risks still need attention? ♥

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6. How will I celebrate safely? ♥

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7. My commitment for the next milestone ♥

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*One decision. One milestone. One step closer to freedom.*

| Page 10

