

EARLY WARNING SIGNS OF DEPRESSION

Detecting early warning signs of depression can help prevent a relapse of a prolonged bout of depression. If you are questioning whether you are entering a phase of depression, please review the following list and place a check mark next to the symptoms that you are experiencing.

- | | |
|---|---|
| <input type="checkbox"/> Depressed mood | <input type="checkbox"/> Loss or increase of appetite |
| <input type="checkbox"/> Loss of joy or pleasure in various activities | <input type="checkbox"/> Trouble falling asleep |
| <input type="checkbox"/> Frequent crying spells | <input type="checkbox"/> Trouble staying asleep |
| <input type="checkbox"/> Apathy, listlessness, or lethargy | <input type="checkbox"/> Excessive sleeping |
| <input type="checkbox"/> Frequent complaints or negative remarks about life | <input type="checkbox"/> Nightmares |
| <input type="checkbox"/> Low self-esteem | <input type="checkbox"/> Loss of energy, tiredness, fatigue |
| <input type="checkbox"/> Lack of confidence, give up easily when frustrated | <input type="checkbox"/> Poor concentration and indecision |
| <input type="checkbox"/> Negative or derogatory remarks about self | <input type="checkbox"/> Sullen, irritable moods |
| <input type="checkbox"/> Social withdrawal | <input type="checkbox"/> Easily irritated or annoyed |
| <input type="checkbox"/> Loss of motivation | <input type="checkbox"/> Feelings of helplessness/
hopelessness |
| <input type="checkbox"/> Inappropriate guilt or remorse | <input type="checkbox"/> Suicidal thoughts or passive death wishes (e.g., "I wish I had never been born") |
| <input type="checkbox"/> Agitated bodily movements | <input type="checkbox"/> Self-harmful behavior |
| <input type="checkbox"/> Sluggish or slow bodily movements | <input type="checkbox"/> Other _____ |

EXERCISE 5.A

What coping strategies have you learned in the past to manage or alleviate your depression? Please review the list of strategies below and place a check mark next to the strategies you have used in the past to successfully reduce your depression.

- | | |
|--|--|
| <input type="checkbox"/> Trial of antidepressant medication | <input type="checkbox"/> Read self-help book (please list book) |
| <input type="checkbox"/> Use of positive self-talk | _____ |
| <input type="checkbox"/> Identify and replace negative self-talk with positive self-talk | _____ |
| <input type="checkbox"/> Thought-stoppage | <input type="checkbox"/> Increased social involvement |
| <input type="checkbox"/> Behavioral activation (e.g., scheduling activities that have a high likelihood of bringing joy or pleasure) | <input type="checkbox"/> Use of effective communication/assertiveness skills |
| <input type="checkbox"/> Physical exercise | <input type="checkbox"/> Utilize problem-solving approaches |
| <input type="checkbox"/> Use of role-playing | <input type="checkbox"/> Identify ways to reduce depression |
| | <input type="checkbox"/> Express underlying anger in an assertive manner |

Please review the list above and circle the interventions or strategies you would like to learn more about in future therapy sessions.

List three to five strategies that you think will be helpful at the present time in reducing your symptoms of depression.

1. _____
2. _____
3. _____
4. _____
5. _____

Finally, ask three to five people whom you trust for any suggestions that they have about any activities or things you can do to reduce your depression. List some of their ideas below.

1. _____
2. _____
3. _____
4. _____
5. _____