



### 3. Behavioral Activation Plan (Do More → Feel More)

Choose 3 activities from different categories below each day:

Pleasurable: Reading, listening to music, walking in nature, art, baking

Mastery-based: Cleaning a small area, finishing a work task, organizing, cooking

Connection: Calling a friend, attending a group, writing a letter, volunteering

Body-care: Stretching, showering, eating a balanced meal, hydrating

### 4. Thought Reframing Worksheet (CBT-Based)

1. Situation: (What happened?)
2. Automatic Thought: (What did I say to myself?)
3. Emotion: (Name + intensity 0–100%)
4. Evidence For:
5. Evidence Against:
6. Balanced Thought: (A kinder, truer alternative)
7. New Emotion: (Name + intensity 0–100%)

### 5. Self-Compassion Journal Prompts

- When I feel worthless, the part of me that most needs kindness is...
- One small way I could show compassion to myself today is...
- If my younger self could speak right now, they would say...
- I forgive myself for...
- I am proud of myself for...
- A moment today I want to remember is...

## 6. Values Mapping for Depression Recovery

Circle your top 3–5 values from the list:

Self-Respect Connection Creativity Peace Truth Growth Family Freedom Health Joy Loyalty Compassion

1. Which values are most supported by my current actions?
2. Which values are being neglected?
3. What's one small thing I can do this week to live closer to my values?

## 7. The Depression Distress Ladder

When feeling overwhelmed, rate where you are:

0–3: Manageable — continue daily plan

4–6: Needs intervention — grounding exercises, call a friend, take a walk

7–10: Crisis — use safety plan, call 988, connect with therapist

## 8. Grounding & Nervous System Regulation Tools

### 5-4-3-2-1 Senses Game

Name:

- 5 things you see
- 4 things you feel
- 3 things you hear
- 2 things you smell
- 1 thing you taste

Add:

- Box Breathing: Inhale 4 sec → hold 4 sec → exhale 4 sec → hold 4 sec → repeat 5 rounds.
- Soothing Touch: Place one hand on your heart and one on your belly, Breathe slowly until calmer.

## 9. Weekly Reflection Page

1. What was one small win this week?
2. What was my hardest moment?
3. Which coping tools helped the most?
4. What am I looking forward to next week?
5. If my depression had a voice, what would it say? How do I want to respond?

## 10. Crisis & Support Plan

Therapist name & number: \_\_\_\_\_

3 people I can call: \_\_\_\_\_

Crisis line: 988 (U.S.) \_\_\_\_\_

My top 3 grounding techniques: \_\_\_\_\_

My reason(s) for staying alive: \_\_\_\_\_

\_\_\_\_\_