

How Depression Shows Up

✦ ——— *A gentle self-check worksheet* ——— ✦

Depression can affect people in different ways. Use this page to notice how it may be showing up for you right now. Check what fits, skip what doesn't, and reflect without judgment.



1. Emotional Signs

- ☐ sadness
- ☐ numbness
- ☐ guilt or shame
- ☐ irritability
- ☐ hopelessness
- ☐ loss of interest



2. Thinking & Mental Signs

- ☐ trouble concentrating
- ☐ indecisiveness
- ☐ negative self-talk
- ☐ feeling worthless
- ☐ racing thoughts
- ☐ trouble making decisions



3. Physical Signs

- ☐ low energy
- ☐ sleep changes
- ☐ appetite changes
- ☐ body heaviness
- ☐ aches or tension
- ☐ feeling slowed down



4. Behavior & Relationship Signs

- ☐ withdrawing from others
- ☐ avoiding messages/calls
- ☐ neglecting responsibilities
- ☐ arguing more easily
- ☐ isolating
- ☐ losing motivation



The signs I notice most often are...



The hardest part of this for me is...



One kind thing I can do for myself today is...
