

Loss of Interest & Connection

★ ——— *How depression affects my life* ——— ★

Depression can make us pull away from people, activities, and even parts of ourselves we used to enjoy. Use this page to notice what feels different for you.



☐ work or school



☐ taking care of my health



☐ hobbies I used to enjoy



☐ family time



☐ close friendships



☐ finances or responsibilities



☐ social activities



☐ opportunities I used to say yes to



☐ dating/intimacy



☐ other: _____



☐ taking care of my space



☐ other: _____



1. How has losing interest in these parts of life affected how I see myself?



2. How has depression affected my relationships?



3. What is one small way I could reconnect with myself or someone safe?

★ *Small steps still count.* ★

