

Depression self-help guide graphics and diary



Describe the situation. You could write where you were, who you were with, and what was happening. For example, "I was at a party with a group of people I didn't know."

A large empty rectangular box with a light blue header bar at the top and a purple footer bar at the bottom, intended for writing a description of the situation.

Your thoughts - for example, "no one wants to talk to me."

A large empty rectangular box with a light blue header bar at the top and a purple footer bar at the bottom, intended for writing thoughts.

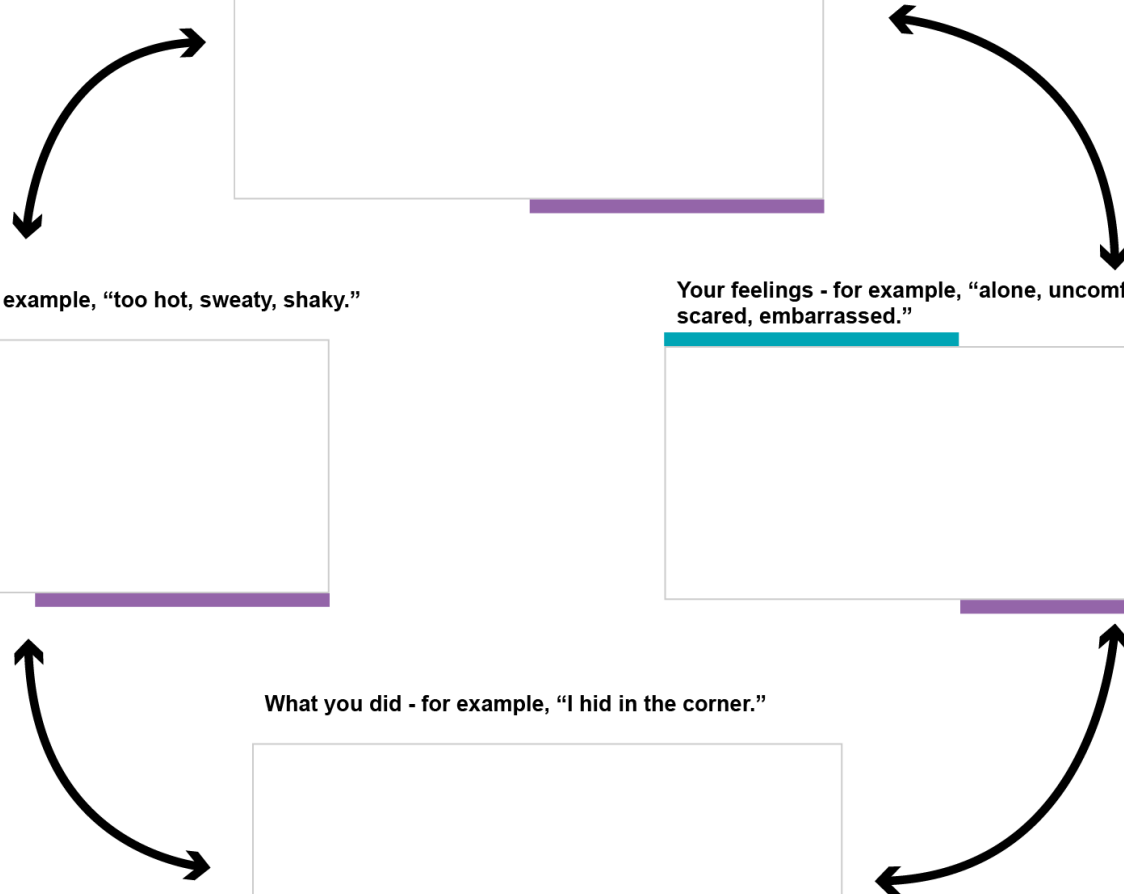
How your body felt - for example, "too hot, sweaty, shaky."

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Your feelings - for example, "alone, uncomfortable, scared, embarrassed."

A large empty rectangular box with a light blue header bar at the top and a purple footer bar at the bottom, intended for writing feelings.

What you did - for example, "I hid in the corner."

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	Day 1	Day 2	Day 3
Morning			
Afternoon			
Evening			

Situation

My feelings



My unhelpful thought

Now complete the table below to challenge your own unhelpful thoughts.

What's the situation? For example, you could write who is there, what you're doing, and when and where it's taking place.
What are you feeling? For example, you could write how you feel and rate how strong your feelings are, from 0% to 100%.
Unhelpful thought
Evidence that supports the unhelpful thought

Evidence against the unhelpful thought

Alternative/balanced thought - after you've written an alternative thought, rate how much you believe in the thought from 0% to 100%

Rate how strong your feelings are now, from 0% to 100%