I.   **Cognitive Behavior Therapy (CBT) for Depression 101**

Activating events. Recall an event that that triggered sadness or depressed feelings.

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Beliefs. Identify the beliefs or thoughts that came up after the activating event.

　　　Beliefs about yourself

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　　　Beliefs about the world

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　　　Beliefs about the future

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Consequences. What were the consequences of the event? What did you do or not do? Was it positive or negative?

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Counter the beliefs you identified with more rational thinking.

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II.   Use Cognitive Behavior Therapy (CBT) to Identify and Challenge Negative Thinking in Depression

Recall an event that that triggered sadness or depressed feelings.

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Identify the thoughts you had in reaction to that event.

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Do any of those thoughts fall into these type of distorted thinking?

__Overgeneralization

__Discounting

__Applying a mental filter

__Hopelessness

__Pessimism

Dispute each of the thoughts by noticing the distortion. It can be one of the above, or something else.

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What is the cost of the distorted thinking?

To you?

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To others?

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III. **Cognitive Behavior Therapy (CBT) Strategies to Get Moving When You're Feeling Depressed**

What are essential activities you need to do daily?

1. _____ When can you do it?_____

2. _____ When can you do it?_____

3. _____ When can you do it?_____

4. _____ When can you do it?_____

What are enjoyable activities you can do daily or a few times a week?

1. _____ When can you do it?_____

2. _____ When can you do it?_____

3. _____ When can you do it?_____

4. _____ When can you do it?_____

If you haven't included connecting with people, who can you connect with, how and when?

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Do you need to change lifestyle habits (e.g., sleep, exercise, diet, spirituality)? What can you do and when?

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What are the important values that support you taking these actions (e.g., being healthy, maintaining strong family ties, being a valued employee)?

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How will you track your success (e.g., fitness or goal tracker, journal)

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How will you reward yourself for taking the steps you've identified (e.g., setting aside money for something you want, telling a friend about it, eating your favorite meal)?

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