



Challenging Depressive Thinking

SITUATION:



DEPRESSIVE THOUGHTS

REALISTIC THOUGHTS

1



2

3

Reality Questions

Depressive Thought:



Can I get more evidence, like asking someone about the situation?



Would most people agree with this thought? If not, what would be a more realistic thought?



What would I say to a friend in a similar situation?



What will happen if I continue to think this way?





What is another way of thinking that is more encouraging or useful?



Action Worksheet

THE PROBLEM:



ACTION	ADVANTAGES	DISADVANTAGES
1 		
2		
3		

Goal Sheet

ACTIVITY	HOW OFTEN?	WHEN EXACTLY?
1 		
2		
3		