Exercise: Self-monitoring of depression

Goal

You gain a better understanding of how your thoughts, feelings, and actions influence one another. This helps you to challenge them.

Instructions

Observe over a few days situations in which depression-related thoughts and feelings arise.

What kinds of situations are they? What kinds of thoughts and feelings come up? How do you act in those moments? What follows from your actions?

Choose one situation. For that situation, fill in all the stages, moving from the situation through thoughts and feelings to actions.

This will help you understand your behavior and challenge your thoughts.

Situation. What happened? What were you doing?

For example: “A friend asked me to go for a walk. It might improve my mood, but I don’t feel like going.”

Thoughts

For example: “What does it matter if I don’t go? I won’t feel any better anyway.”

Emotions

For example: “Tearful, exhausted.”

Action and its consequences

For example: “I stay lying on the couch.”