

## Challenging Depressive Thinking

SITUATION:



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DEPRESSIVE THOUGHTS

REALISTIC THOUGHTS

1



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2

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3

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## Reality Questions

*Depressive Thought:*



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



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



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



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*What will happen if I continue to think this way?*



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



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## Action Worksheet

THE PROBLEM:




	ACTION	ADVANTAGES	DISADVANTAGES
1			
2			
3			

## Goal Sheet

	ACTIVITY	HOW OFTEN?	WHEN EXACTLY?
1			
2			
3			