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:**

<table>
<thead>
<tr>
<th>ACTION</th>
<th>ADVANTAGES</th>
<th>DISADVANTAGES</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Goal Sheet

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>HOW OFTEN?</th>
<th>WHEN EXACTLY?</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>