

# Depression self-help guide graphics and diary



Describe the situation. You could write where you were, who you were with, and what was happening. For example, "I was at a party with a group of people I didn't know."

A large empty rectangular box with a light blue header bar at the top and a purple footer bar at the bottom, intended for writing a description of the situation.

Your thoughts - for example, "no one wants to talk to me."

A large empty rectangular box with a light blue header bar at the top and a purple footer bar at the bottom, intended for writing thoughts.

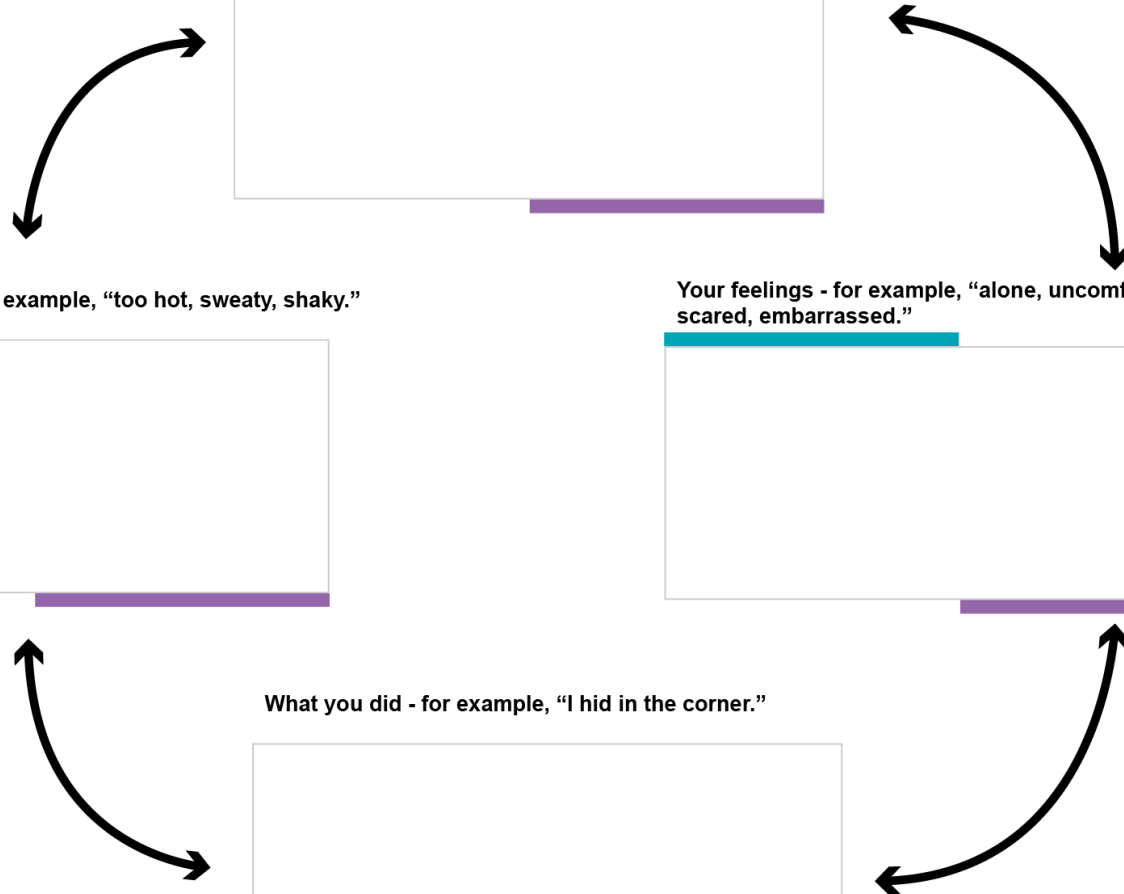
How your body felt - for example, "too hot, sweaty, shaky."

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Your feelings - for example, "alone, uncomfortable, scared, embarrassed."

A large empty rectangular box with a light blue header bar at the top and a purple footer bar at the bottom, intended for writing feelings.

What you did - for example, "I hid in the corner."

A large empty rectangular box with a light blue header bar at the top and a purple footer bar at the bottom, intended for writing actions.

	<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>
<b>Morning</b>			
<b>Afternoon</b>			
<b>Evening</b>			

**Situation**

**My feelings**



**My unhelpful thought**

Now complete the table below to challenge your own unhelpful thoughts.

<b>What's the situation? For example, you could write who is there, what you're doing, and when and where it's taking place.</b>
<b>What are you feeling? For example, you could write how you feel and rate how strong your feelings are, from 0% to 100%.</b>
<b>Unhelpful thought</b>
<b>Evidence that supports the unhelpful thought</b>

**Evidence against the unhelpful thought**

**Alternative/balanced thought - after you've written an alternative thought, rate how much you believe in the thought from 0% to 100%**

**Rate how strong your feelings are now, from 0% to 100%**