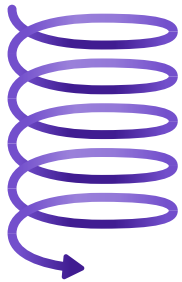


Name / Anonymous number: _____

Thoughts, Behaviours, Social Interactions

The downward spiral

Things that make depression worse



Thoughts

- 1. I can't get better
- 2.
- 3.

Behaviours

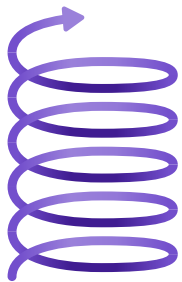
- 1. Missing Meeting a friend
- 2.
- 3.

Social Interactions

- 1. I can't be bothered seeing a friend
- 2.
- 3.

The upward spiral

Things that make depression better



Thoughts

- 1. I'll give getting better a go
- 2.
- 3.

Behaviours

- 1. I'll wake up before 10:00 a.m.
- 2.
- 3.

Social Interactions

- 1. I'll make more effort with my friends
- 2.
- 3.