

## How to Use the Depression Worksheets

### Worksheet 1 – Three Column Mood Monitor

- This worksheet will help you identify an event or situation that triggered a strong feeling or emotion. After you identify the feeling and emotion, you can explore the reasons why you feel that way.
- This will help you pinpoint your reactions more accurately, and in turn, spend less time and energy on recurring thoughts and reactions.

The first worksheet is blank. This is for you to print and fill out on your own. The following page provides an example.

First Column: Write in the day

Second Column: Write the event that triggered the feeling/emotion

Third Column: Give the emotion a rating (0 being terrible, 10 being incredible)

Fourth Column: Think about why the event made you feel that way. You don't have to limit yourself to the worksheet. When describing why you feel the way you do, take the time to really explore the reasons behind your emotion.

### Worksheet 2 – Thought Change Record

- This worksheet will help you identify an event or situation that triggered a strong feeling or emotion, as well as help you identify the irrational thinking that resulted.
- After you identify your irrational thoughts, you write a rational thought and the desired behavior outcome.

First Column: Describe an actual event that triggered an unpleasant emotion, or the thoughts about the event. You can also describe your physical reaction to the event. (sweating, tightness in chest, etc.)

Second Column: Write the thought you had right before your reaction.

Third Column: Label your emotion.

Fourth Column:

Step 1- Identify the thinking mishap. For help in this, scroll down to the form labeled, "Common cognitive distortions."

Step 2- Write out a rational response to your initial thought.

Fifth Column: Write out the outcome that you believe will occur when you change your negative thought into a rational thought.