

TITLE: DEPRESSION

**THINKING ABOUT DEPRESSION MAKES ME FEEL _____
BECAUSE:**

**THE TIMES IN MY LIFE WHEN I HAVE FELT THE MOST DOWN,
ALONE, OR HELPLESS HAVE BEEN:**

**WHEN I FEEL VERY SAD OR EMPTY INSIDE, MY FIRST REACTION
IS USUALLY TO:**

**I THINK THIS REACTION IS HEALTHY/ UNHEALTHY (CIRCLE ONE)
BECAUSE:**

**IF I'VE BEEN FEELING SAD, OR I'VE STOPPED ENJOYING THE
THINGS THAT USUALLY MAKE ME HAPPY, FOR MORE THAN A FEW
WEEKS, THESE ARE SOME THINGS I CAN DO TO HELP MYSELF:**

**THE PEOPLE I TRUST MOST TO TALK ABOUT DEPRESSION ARE
_____ BECAUSE:**
