

**TITLE: DEPRESSION**

**THINKING ABOUT DEPRESSION MAKES ME FEEL \_\_\_\_\_  
BECAUSE:**

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

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

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

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**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:**

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

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