

Countering Negative Thoughts

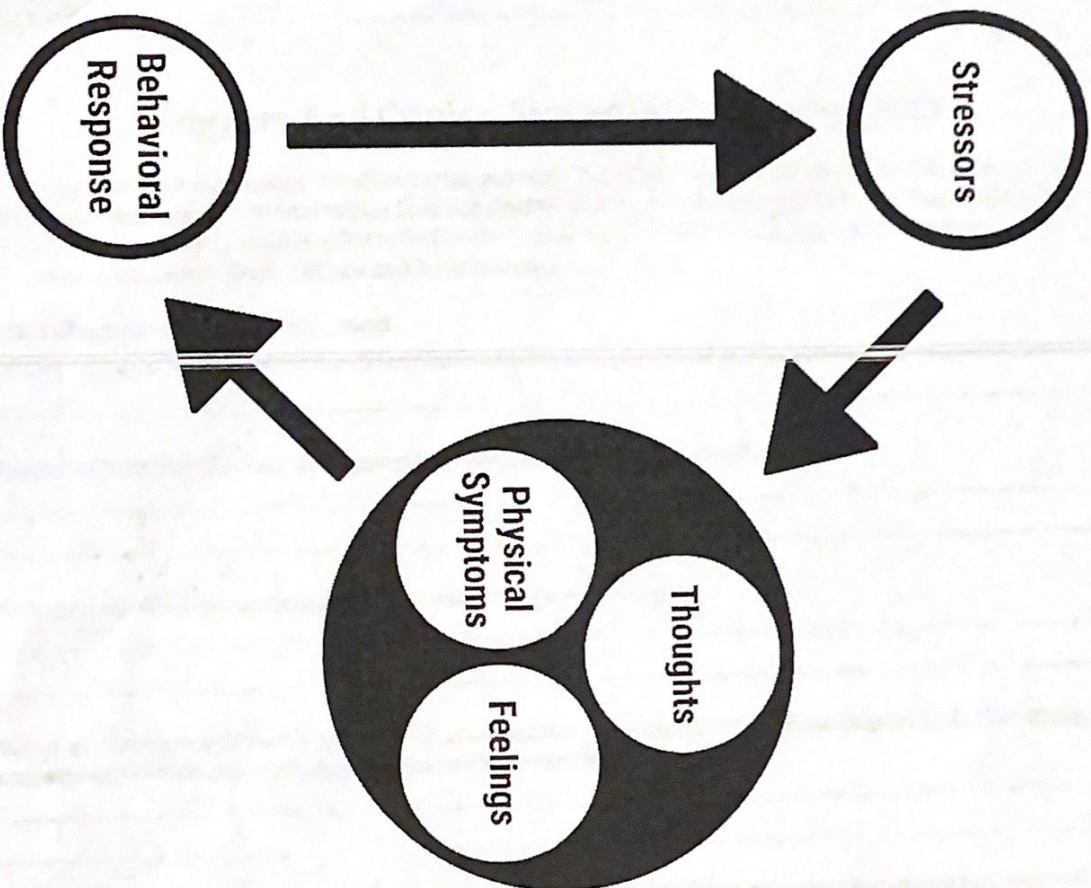
Come up with a rational counterstatement for each of the negative thoughts below.

Negative Thought	Rational Counterstatement
I got into trouble at work. They'll probably want to fire me soon because I can't do my job right.	Example: I made a mistake at work, but everyone does that from time to time. I usually get a lot of positive feedback about my work. I'll be careful not to make that same mistake again.
My husband was angry yesterday and he yelled at me for not feeding the dog. I'm so irresponsible.	
How will I ever get a date? Everyone else seems like more fun than me.	

Next, come up with three examples of negative thoughts and rational counterstatements from your own life:

Negative Thought	Rational Counterstatement

The Cycle of Depression



Stressors

A stressor is any situation that causes strain or hardship. These may be short-term or long-term.

Thoughts

Stressors often lead to negative thoughts, which may be irrational, or exaggerated.

- "I need to be perfect."
- "Nobody likes me."
- "I'm not good at anything."

Feelings

The way a person thinks about something has a major impact on how they will feel, and vice versa.

- sadness
- anger
- hopelessness
- loneliness

Physical Symptoms

The body responds to stressors, and negative thoughts and feelings, with physical symptoms.

- fatigue
- sleep problems
- poor concentration
- loss of motivation

Behavioral Response

The way a person acts in response to thoughts, feelings, and symptoms may worsen stressors, or create new stressors.

- social isolation
- neglecting daily tasks
- abusing drugs / alcohol

Triggers And Coping Strategies For Depression

It is common to get depression confused with sadness. We often think that if we are sad enough we are considered depressed, but depression is much deeper and more intense than sadness. Depression is not only sadness, but also includes a flat affect or feeling, loss of interest in things you used to enjoy, low energy or motivation, despondence and hopelessness.

List 3 triggers for your depression.

Describe how you currently cope with your depression. Is it helpful?

How does your depression affect your day-to-day lifestyle?

What are some ways that you prevent yourself from getting better when depressed? (Isolating, negative self-talk, disengagement from daily responsibilities, etc.)?

Circle the strategies below that you can try to help yourself manage your symptoms of depression. Remember: Everyone is different, has different stressors and lifestyles and have different and unique ways of coping with depression! Brainstorm the positive strategies that you have or would like to have that can help you in your own life!

Strategies:

- Focus on long-term goals to stay motivated
- Cry it out (it's okay to cry!).
- Seeking therapy
- Attending support groups
- Reaching out to friends and/or family
- Thought records to challenge negative self-talk
- Journaling
- Challenging cognitive distortions
- Deep breathing/ mindfulness exercises
- Exercise and Proper diet with low sugar content
- Volunteering
- Outdoor activities
- Trying new social activities
- Engaging in enjoyable activities
- Finding a supportive sponsor

Other Strategies:

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Positive Traits

Kind	Insightful	Sensitive
Intelligent	Funny	Organized
Hardworking	Patient	Selfless
Loyal	Realistic	Practical
Attractive	Honest	Mature
Down-to-Earth	Generous	Focused
Goofy	Modest	Courteous
Creative	Serious	Grateful
Accepting	Independent	Open-Minded
Strong	Trusting	Positive
Friendly	Resilient	Responsible
Flexible	Cheerful	Cooperative
Nurturing	Self-Directed	Frugal
Thoughtful	Reliable	Tolerant
Confident	Relaxed	Innovative
Optimistic	Listener	Balanced
Respectful	Brave	
Determined	Decisive	
Skilled	Enthusiastic	
Helpful	Forgiving	
Motivated	Humble	

About Me

Sentence Completion



I was really happy when...



Something that my friends like about me is...



I'm proud of...



My family was happy when I...



In school, I'm good at...



Something that makes me unique is...

1. MY STRENGTH IS GREATER THAN ANY STRUGGLE
2. I'M FEARLESS
3. I'M GETTING STRONGER EVERY DAY
4. I'M IN AWE OF WHAT MY BODY IS CAPABLE OF
5. I CAN DO THIS
6. I WAS NOT MADE TO GIVE UP
7. I AM WHO I WANT TO BE
8. NO ONE CAN MAKE ME FEEL INFERIOR
9. I'VE DISCOVERED THAT I AM FIERCE
10. I KNOW MY WORTH
11. I INSPIRE OTHERS
12. I DO NOT FEAR THE FIRE... I AM THE FIRE
13. I CHOOSE WHAT I BECOME
14. I'VE DECIDED THAT I'M GOOD ENOUGH
15. I'M BRAVE ENOUGH TO CLIMB ANY MOUNTAIN
16. I WINK AT A CHALLENGE
17. I HAVE THE POWER TO CHANGE MY STORY
18. IT'S NOT THEIR JOB TO LIKE ME... IT'S MINE
19. I USE MY FAILURES AS A STEPPING STONE
20. I HAVE THE COURAGE TO SAY "NO"