

## How to Use the Depression/Anxiety 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.

### **Worksheet 3 – Negative Communication Behaviors**

This worksheet is a list of communication behaviors that typically lead to miscommunication and negative thinking.

### **Worksheet 4 – Realistic Counter Thoughts**

This worksheet helps you identify positive and rational thoughts to combat your irrational ones.

### **Worksheet 5 – Examining Automatic Thoughts Evidence**

Step 1- Identify a negative or troubling thought.

Step 2- List all the evidence that you can find that either supports (evidence for) or disproves (evidence against) the automatic thought.

Step 3- After trying to find cognitive errors (Look back at the Negative Cognitive Distortions form) in the “evidence for” column, you can write revised or alternative thoughts at the bottom of the page.

### **Worksheet 6 – Moving Towards My Goals**

Each week you work towards combating depression, it is helpful to set short, attainable goals. This worksheet will help you identify your goals, what steps you will have to make to achieve this goal, and then choose one of these steps to work on that week.





## Thought Change Record

Situation	Automatic Thoughts	Emotion Rating	Rational Response	Outcome
Describe a. Actual event leading to unpleasant emotion or b. Stream of thoughts leading to unpleasant emotion or c. Unpleasant physiological sensations.	a. Write automatic thought(s) that preceded emotion(s).	a. Specify sad, anxious, angry, etc.	a. Identify cognitive errors. b. Write rational response to automatic thought(s).	Describe changes in behavior.


## COMMON COGNITIVE DISTORTIONS

### 1. Black and White Thinking

You see things as **perfect** or **terrible**, or you see people as **all good** or **all bad**. You have "grey color blindness."

### 2. Catastrophizing

You react to a disappointment or failure as though it means the end of the world.

### 3. Jumping to Conclusions

You assume the worst without checking the evidence. You decide that someone dislikes you, but you don't check it out, or you decide that terrible things will happen even when there is no evidence for this.

### 4. Missing the Positive

You don't pay attention to positive experiences, or you reject them or say they somehow "don't count."

### 5. My Fault

You take responsibility for things that are not your job, or are not in your power to control.

### 6. Should's

You get all over yourself or criticize other people with ideas about what absolutely should or must be done by you or them.

## NEGATIVE COMMUNICATION BEHAVIORS

Problem Communication Habits	Alternatives
Accusing blaming, name-calling	Make "I" statements ("I feel ___ when ___ happens")
Put downs, zapping, shaming	Accepting responsibility; "I" statements
Interrupting	Listening quietly
Lecturing, preaching, moralizing	Making brief, explicit problem statements
Talking in a sarcastic voice	Using a neutral voice
Mind reading (telling others what they think and feel)	Asking person what they think and feel
Getting off topic	Catching self and returning to the problem
Dwelling on the past	Sticking to the present and future (suggesting changes to correct past problems)
Monopolizing the conversation	Taking turns making brief statements
Threatening	Suggesting alternative solutions
Claming up; not responding	Reflecting; validating; expressing negative or positive feelings

## Realistic Counter-thoughts

Read this list of Realistic Thoughts, and check the ones that could help you to “talk back” to Negative Thoughts.

\_\_\_ There are some things I am good at, such as \_\_\_\_\_ (a sport, music, a hobby).

\_\_\_ I can do well in my schoolwork if I put in the time and effort.

\_\_\_ I can do well at my job.

\_\_\_ Other people see me as attractive or handsome.

\_\_\_ I make friends easily.

\_\_\_ I get along with people well.

\_\_\_ I am a friendly person.

\_\_\_ I have some very good friends.

\_\_\_ I can handle problems that come up.

\_\_\_ Losing a girlfriend or boyfriend happens to many, many people and they are able to find another boyfriend or girlfriend after some time.

\_\_\_ There are some people who love me very much.

\_\_\_ I don't get into trouble very often.

\_\_\_ My parents love me.

\_\_\_ I AM somebody.

\_\_\_ I am really interested in: \_\_\_\_\_

\_\_\_ I can solve most problems that come my way.

\_\_\_ When I set a personal goal, I go after it.

\_\_\_ The future looks good to me.

**I am:**

\_\_\_ a good friend to others.

\_\_\_ a good listener when others want to talk.

\_\_\_ someone who can be trusted.

\_\_\_ fun to be with.

\_\_\_ a hard worker.

\_\_\_ kind.

\_\_\_ someone with a good sense of humor.

\_\_\_ able to stand up for myself.

\_\_\_ a good problem-solver.

\_\_\_ someone with goals for my future.

List any other Realistic Thoughts about yourself that could help you to “talk back” to Negative Thoughts:

## Examining the Evidence for Automatic Thoughts Worksheet

### Instructions:

1. Identify a negative or troubling automatic thought.
2. Then list all the evidence that you can find that either supports (“evidence for”) or disproves (“evidence against”) the automatic thought.
3. After trying to find cognitive errors in the “evidence for” column, you can write revised or alternative thoughts at the bottom of the page.

Automatic thought:

Evidence for automatic thought:

1.

2.

3.

4.

5.

Evidence against automatic thought:

1.

2.

3.

4.

5.

## MOVING TOWARD GOALS

A goal I would like to work toward first is:

Some steps along the way to this goal could be:

One step I can take this week is: