

Activity 21

Estimated Time: 10 minutes

One way to keep symptoms of depression at bay and prevent a recurrence of the condition is to learn to attack thoughts that are not helpful. Think of a recent unhelpful thought that you recently had and ask yourself the following questions:

What evidence do you have that this thought is true?

What evidence do you have that this thought is not true?

What would you tell someone if they had this thought?

Think about your calmest friend. How would they react to this thought?

What good things will you gain if you gave up this thought?