



IML JOURNAL PAGE



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:
