

# Changing the Channel on Depression

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Depression is characterized by certain thoughts, feelings, and behaviors. This worksheet can help you “change the channel” on the thoughts, feelings, and behaviors that contribute to your depression.

## Directions

Answers the question below with an understanding that depression can be overcome if you work on it.

### **A) Create a gratitude list.**

Write down at least six things that you are grateful for.

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_

5) \_\_\_\_\_

6) \_\_\_\_\_

### **B) Make time for pleasurable activities every day. List the activities that have given you pleasure in the past.**

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_

5) \_\_\_\_\_

6) \_\_\_\_\_

**3) Spend time every day with people you like. Make a list of people you can spend time with, even if they are just acquaintances.**

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_

5) \_\_\_\_\_

6) \_\_\_\_\_

**4) Think about the future realistically, but positively.**

Write down goals that you have for yourself in the next year.

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