



ProMind
PSYCHOLOGY

Combating Depression Workbook

When depression takes hold, it's often because we start to believe particular versions of our lives and ourselves that are bleak and hopeless.

When this happens, depression can begin to seep into every part of our lives and things we previously found enjoyable and meaningful are harder to enjoy. It's pretty grim, and can really take its toll on our mental and physical health.

But consider this for a moment::

Just because you think it, doesn't make it true.

If we consider this, we can also begin to challenge our thoughts. And in turn, limit depression's ability to trick us into believing a false, negative & destructive version of reality. Challenging our thoughts helps us recognize our power in deciding what beliefs we will immerse ourselves in - leaving us more hope and a sense of control.

The framework below can help us build our resilience to depressive thoughts when they show up, strengthening the objective and logical brain.

Resilience: the ability to bounce back. To recover quickly from difficulties, the ability to adapt to adversities and cope with the stress of everyday living.

Resilience is a skill and can be learnt.

THE ABCD'S OF RESILIENCE

Ask yourself the following questions the next time you're feeling depressed.

ADVERSITY

What challenges or setbacks have I faced in the past?

e.g. relationship breakup, failed a subject

BELIEFS

What are my beliefs, thoughts and worries related to this past experience?

CONSEQUENCES

How do these thoughts or beliefs impact how I feel and how I am acting now?

DISPUTE

Argue with yourself and propose alternatives. Use the following table to keep track of dysfunctional thoughts.

Note whether your unhelpful thought aligns with one of the below 'faulty belief' styles

Mental Filter

Focusing on the most negative and upsetting features of a situation, filtering out the positives. E.g. receiving praise for a work presentation from everyone except one person and thinking "My presentation was a failure"

Disqualifying Positives

Continually dismissing positive experiences by deciding they are unimportant or don't count. E.g. being complimented for something and thinking "They're just being nice." or "They must want something out of me."

'All or Nothing' Thinking

Seeing things purely in 'black or white' and often characterized by terms such as 'every', 'always' or 'never'. E.g. failing a driving test and thinking "I fail at everything. I'll never get my license."

Over-generalisation

Seeing a single, negative incident as evidence of everything being hopeless/negative. E.g. after one unsuccessful date thinking "I will never find a partner."

Jumping to conclusions

Making negative assumptions with no supporting evidence. Can present as mind-reading or fortune telling. E.g. At a party where you don't know anyone and thinking "everyone here thinks I'm a loser" (mind reading) or going to a job interview and thinking "I'm not going to get this job" (fortune-telling).

Magnifying or Minimising

Exaggerating importance of negative events and minimizing importance of positive ones. E.g. You make a mistake at work and think "I'm going to lose my job, then I won't be able to pay my rent and I will lose my apartment."

Personalisation

Automatically assuming responsibility and blame for negative events that not under your control. E.g. Your pet breaks their leg while you were at work but you think "It's all my fault. If only I wasn't at work."

Shoulds & Oughts

Thinking in 'shoulds', 'oughts; or 'musts' and holding an ironclad view of how you and others 'should' and 'ought' to be. E.g. You dislike law but decide "I should get a law degree" because you must "please your family & earn good money."

Emotional Reasoning

Assuming feelings reflect fact, regardless of the evidence. E.g Thinking. "I feel ugly & stupid" means you must be ugly & stupid, despite the fact you are neither.

Labelling

Assigning a negative, emotive and inflexible label to yourself or others leaving no room for change. E.g. Thinking "I'm unlovable" when you don't receive a text back rather than thinking "there are plenty of people who love me, I'll meet someone new."

Understanding values and priorities.

Values are statements about what we stand for, the type of person we want to be and how we want to behave on an ongoing basis. They are leading principles that can guide and motivate us through life.

Values are super important in helping distinguish what is important to us because at any given moment we can act on our values or neglect them. Values are not about what you should do or have to do, what is right or wrong, good or bad, they are simply expressions of what matters to you.

What are your values?

For this activity, take your time and write them down. See how much detail you can remember in each. What time of day was it. What were you wearing? What was the temperature? What could you hear, see, feel, touch and taste?

Remember one or two experiences when you felt truly happy. What were you doing? Were you with others? How were you treating yourself?

Remember one or two times when you felt proud. Why? Did others share your pride? Who? What other factors contributed to your feelings of pride?

Remember one or two times when you felt satisfied and fulfilled.

What need or desire was fulfilled? How and why did the experienced give your life meaning? What other factors contributed to your feelings of fulfilment?

Now, for the final activity, reflect on the experiences you recalled above, read through the list of values below and select your top 10 that relate to those experiences.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Accountability	Discipline	Honor	Results-oriented
Accuracy	Discretion	Humility	Rigor
Achievement	Diversity	Independence	Security Self-
Adventurousness	Dynamism	Ingenuity	actualization Self-
Altruism	Economy	Inner Harmony	control
Ambition	Effectiveness	Inquisitiveness	Selflessness Self-
Assertiveness	Efficiency	Insightfulness	reliance Sensitivity
Balance	Elegance	Intelligence	Serenity
Being the best	Empathy	Intellectual Status	Service
Belonging Boldness	Enjoyment	Intuition	Shrewdness
Calmness	Enthusiasm	Joy	Simplicity
Carefulness	Equality	Justice	Soundness
Challenge	Excellence	Leadership Legacy	Speed Spontaneity
Cheerfulness Clear-	Excitement	Love	Stability
mindness	Expertise	Loyalty	Strategic
Commitment	Exploration	Making a	Strength
Community	Expressiveness	difference	Structure Success
Compassion	Fairness	Mastery	Support Teamwork
Competitiveness	Faith	Merit	Temperance
Consistency	Family-	Obedience	Thankfulness
Contentment	orientedness	Openness	Thoroughness
Continuous -	Fidelity	Order	Thoughtfulness
Improvement	Fitness	Originality	Timeliness
Contribution	Fluency	Patriotism	Tolerance
Control	Focus	Perfection	Traditionalism
Cooperation	Freedom	Piety	Trustworthiness
Correctness	Fun	Positivity	Truth-seeking
Courtesy	Generosity	Practicality	Understanding
Creativity	Goodness	Preparedness	Uniqueness
Curiosity	Grace	Professionalism	Unity
Decisiveness	Growth	Prudence	Usefulness
Democraticness	Happiness	Quality-	Vision
Dependability	Hard Work	orientation	Vitality
Determination	Health	Reliability	
Devoutness	Helping Society	Resourcefulness	There might be
Diligence	Holiness	Restraint	another not listed!
	Honesty		