

Depression

1. What helps you feel better when you are feeling depressed?
2. What does it feel like in your body when you are depressed?
3. What “triggers” or makes you feel depressed?
4. Do you think depression is different then sadness? How is it different?
5. What kind of thoughts do you have when you are feeling depressed? Can you come up with counter-arguments for them?
6. Who do you talk to when you're feeling depressed?
7. What brings you joy?
8. If your depression was outside of you instead of in your head, what would it look like? Sound like? Smell like?
9. What are some things you are looking forward to?
10. What is something kind I can do for myself?
11. What have you learned from dealing with depression?

