

## Check-in With Yourself

1. Where do you feel most depressed in your body?

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2. What is something that made you feel sad today? Is there something or someone you're grieving?

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3. What is making you feel hopeless today and why?

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4. What specific emotions do you feel, underneath this depression?  
Where in my body do you feel it? What do you want to feel there instead?

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5. What are your negative thoughts at this moment? What are 3 positive thoughts for each of those negative thoughts you have?

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6. What coping mechanisms did you practice today? (Or, what things did you do that made you feel better?)

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## Reflect

7. Looking back, were there some early signs that you were heading toward depression?

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8. What things or events activate or worsen your depression symptoms?

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9. Describe your bedtime routine. Is it helpful or harmful for your sleep?

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10. When you feel depressed, how do you typically respond?

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11. If depression is a messenger, what is it trying to tell you in this moment? (If depression could talk, what would it say?)

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12. If depression was an image, what would the image be?

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13. What do you think about the statement: “depression is anger turned inward”?

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14. If you were to give your depression a human name, what name would you choose and why?

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## Make a Change

16. What are your goals for the day?

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17. What challenges are you facing right now and need to ask for help and support with?

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18. When in the past did you feel most alive, hopeful, and safe? What was happening then? What were you doing? Who was there for you?

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19. What do you feel are consistent happiness activators in my life?  
(Things that always make you feel good)

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20. What's one thing you could do that will change your life now?

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21. What do you need more of in your life? How could you take steps toward that?

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22. What do you need less of in your life? How could you take steps toward that?

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23. When did you show emotional resilience in the past? What helped you be resilient?

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24. What is something you are looking forward to?

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25. What is one thing you are curious to try but have not gotten around to it?

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26. When was the last time you did something nice for yourself?

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27. How can you better take care of yourself emotionally when you're feeling depressed? What worked in the past?

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28. What is one self-care practice you can add to your daily routine?

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## Boost Your Mood

29. What things made you happy today?

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30. What are things you are grateful for today?

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31. List all of today's achievements, no matter how small.

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32. What are your favorite qualities about yourself and why?

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33. What are 3 examples of times you've shown strength and resilience?

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34. What are 3 things that make you feel at peace?

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35. Write about your happiest childhood memory.

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36. What was the most beautiful compliment you ever received?

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37. What are a few positive things going on in your life right now?

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38. If you could have the same dream every night, what would you dream about and why?

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39. What are the lessons from today that you want to remember tomorrow?

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40. What advice would you give a dear friend about managing depression?

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41. What are 5 things worth living for?

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42. What would you do if you had more energy?

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