

It might be helpful too for you to note down some of your thoughts and feelings about when you feel down or sad:

- 1 How do you feel (what other emotions are there, apart from sadness – e.g. guilt, shame, etc.)?

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- 2 Where in your body do you feel these emotions (e.g. head, stomach, etc.)?

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3 What sort of thoughts go through your head
(e.g. I am stupid, I am unlucky, etc.)?

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4 How do you tend to behave
(e.g. curl up in bed, go for a walk, etc.)?

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The notes you've just made will begin to show you your stereotypical pattern of responding to sadness. This may well change as you start completing the Ten-Minute Programme, especially if any of your responses are unhelpful.