

If you find it difficult to remember things that happened last week, don't worry. You can start now by using the next few things that happen that trigger an unhappy, sad, angry, irritable or worried feeling. At this stage don't worry about getting it right or wrong. You can always try again.

My thought-catching log

Time and date	Situation – what happened	What you thought How much you believe it	Feeling How strong is the feeling?

Am I Depressed and What Can I Do About It?
