

Am I Depressed and What Can I Do About It?

Like any thoughts, your new, more helpful thoughts might not always be 'true'. The aim is to find a more balanced thought that is not part of a negative trap. Remember, *all* thoughts are just thoughts. Thoughts are not facts.

It's also important to rate your feelings again after you consider the new, more helpful thought. In the example above, you'll see that your feelings won't necessary change completely but gradually you might see a shift in your mood and feelings.

This is a new skill that you are learning. As we said before, it's not easy. Like any skills it is important to practise. As you know, with practise things will get easier. As you practise you will learn about yourself and about the kind of thinking traps you use most often. You will see how your thinking traps make you feel more sad and unhappy. You will also start to check your thoughts more often, in real life.

When you start to check your thoughts in real life you are able to change them to more helpful thoughts. That is fantastic. After a while the more helpful thoughts will become a new habit. This is a habit we want you to keep.

Here is a form to record your own thoughts, feelings and new, more helpful thoughts. See how you get on.

Thoughts on trial

Situation _____

Thought	Feeling How strong? 0–100 per cent	New, more helpful thought	Feeling How strong? 0–100 per cent