

*Am I Depressed and What Can I Do About It?*

Now it's your turn to have a go at doing a fact finder. Can you think of any thoughts or beliefs that have been bothering you or making you feel down (you might want to have a look back at Chapter 9 to see if you noted down any negative thoughts)? Is it worth putting these thoughts to the test to see if they are thinking traps?

**Coming up with ideas for fact finders can be tricky and sometimes it's really hard. It's fine if you can't come up with any ideas right away. Often a lot of people ask others to help them with this. Maybe you can see if your family has any ideas about useful things to test out. Maybe you can even find some ideas for your family to test out themselves!**

### **My fact finder**

<i>Thought(s) to test</i>
<i>Fact finder</i>

*Testing things out – getting the facts*

*Prediction*

*Do it*

*So what happened?*

*Was the prediction right?*

*What does it all mean?*

*Is there a balanced view?*

*What's next?*

**TAKE-HOME MESSAGES**

Sometimes we need more facts and information in order to see whether the way we are thinking about something is really true, or whether it is the depression that is making us think this way. Planning and carrying out fact finders helps us to put these thoughts and beliefs to the test. It's a way of getting the full picture.