

My goals

So firstly, what would you like to be different? (This can be a depression symptom you would like to get rid of or it could be something else that you would like to be different in your life, or it could be something you have stopped doing because of the depression that you would like to start again.)

You might say things like ‘to feel happier’, ‘to feel less lonely’, ‘to be less angry’, ‘to be me again’, ‘to not cry all the time’, ‘to feel less stressed’, ‘to have more fun’, ‘to be less tired’, ‘to get along with my parents more’, ‘to see my friends more’.

Am I Depressed and What Can I Do About It?

This is a very good start.

So let's say that this change happened. What would this be like?

And what would you be doing that perhaps you are not doing at the moment?

Who would be there?

How would you be feeling?

Goals

Would you be seeing anyone more often?

What else would be happening in your everyday life?

Who would notice this change?

What would they notice that was different about you?

Now let's think a bit more long term.

Am I Depressed and What Can I Do About It?

Two years from now. How old will you be in two years? Imagine for a moment that you have been able to travel forward in time to this point.

How would you like to see yourself in this future? What would you like to be doing? Where is this? Who would be there? What would be happening around you? How would you feel? What else would be going on?

What about **five years from now**? Right, transport yourself there now. How old are you in five years' time?

What would you like to see? What does an older, more positive you look like? What are you wearing? What are you doing? Where is this? Who is there? What is happening around you? How do you feel? What else is going on?
