

My symptoms (worksheet 6)

The diagram consists of four rounded rectangular boxes arranged in a diamond shape, each containing a title and five horizontal lines for notes. The boxes are interconnected by a network of double-headed arrows, indicating that all four symptom categories are interrelated and can influence each other.

- Top Box:** Changes in your **behaviour**: what you do or don't do when you are depressed
- Bottom Box:** Changes in your **feelings** when you are depressed
- Left Box:** **Physical/body** changes that you notice when you are depressed
- Right Box:** **Thoughts** or images that go through your mind when you are depressed

Arrows connect the top box to the left and right boxes, the bottom box to the left and right boxes, and a central vertical double-headed arrow connects the top and bottom boxes. Additionally, horizontal double-headed arrows connect the left and right boxes to each other.