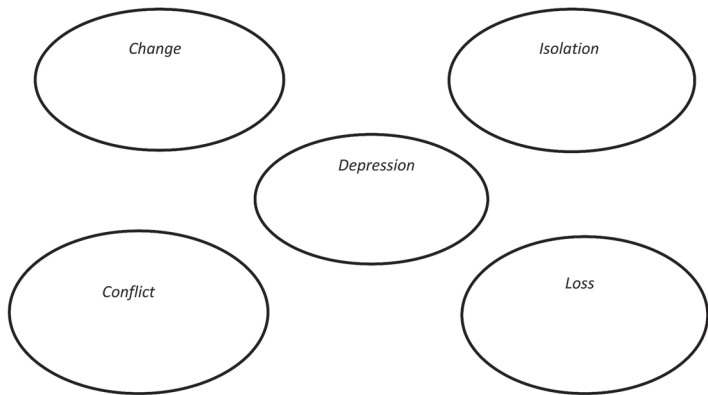


Exercise 10.1: Organizing your story

Use the bubble diagram below to organize your story. Make a copy on a large piece of paper or in your notebook.



In chapter 6 you identified all of your current symptoms of depression. Write your symptoms in the centre circle.