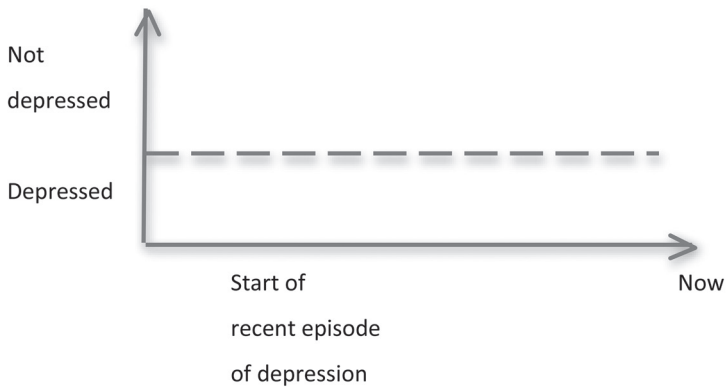


*STEP ONE*

Copy the basic graph on to your piece of paper. The dotted line running horizontally across the middle marks the dividing line between feeling depressed and not feeling depressed. This allows you to mark out clearly the times when you felt well and the times when you felt depressed.



The solid horizontal line along the bottom records time. When did you first notice yourself becoming depressed recently? Try to remember the approximate date, e.g. 'last summer', 'February last year', and work forward from there. If you find it difficult to identify when the depression started, think about when you noticed it getting worse recently. Sometimes people describe not feeling fully well between episodes of depression but having periods when their mood and other symptoms dip more than usual. When did you notice the most recent major dip – perhaps when you became aware of changes in sleep or mood or enthusiasm for the things you normally enjoy? Mark this date under 'Start of recent episode of depression'.

Now mark out a regular series of intervals along the line between that ‘start’ date and ‘now’. The units of time you use should reflect how long this episode of depression has lasted. If you have been depressed for six months, split the solid line into months. If it has been longer, it might be easier to divide the line into blocks of three or six months. The point is to use whatever scheme best helps you to record *your* experience. Two examples are included in the diagram below. Having regular intervals marked out will help to show how events unfolded over time. Leave a little space at the beginning of the solid line so that you can add details of what was happening just before you became depressed. In the diagram below you will see that ‘start of the recent episode of depression’ is noted a little way along the line.

