

Here's the chart for your summary notes. Add more columns if you need to.

Name of the person					
Relationship with the person					
How much contact do you have?					
Does the person know about your depression?					

Can you speak to the person about your feelings?					
Do you see each other socially?					
Can you ask the person for practical help and advice?					
Is this a flexible relationship?					
How would you describe the give and take in this relationship?					
Are you satisfied with this relationship?					
Has this relationship changed since you've been depressed?					

Has this relationship been affected by a change?					
Has there been conflict in this relationship?					
Has this relationship been affected by a bereavement?					
Do you feel the connection is poor in this relationship?					
Will this person be in your IPT team?					
How will this relationship feature in your plan?					

This inventory is particularly useful in clarifying the relevance of each of the IPT interpersonal themes – conflict, change, loss and isolation – to your relationships. Again, use the questions in exercise 9.5 as prompts to help you.