

## Appendix 3

# Monitoring links between symptoms and relationships

**For each day:**

- Name the symptoms of depression you notice changing each day (under 'Depression').
- Name the person or interpersonal situation associated with a change in your symptoms (under 'Relationships').
- Draw a line between the symptoms and incidents when you can see a link.

	<b>Depression . . . . . Relationships</b>
<b>Monday</b>	
<b>Tuesday</b>	
<b>Wednesday</b>	
<b>Thursday</b>	
<b>Friday</b>	
<b>Saturday</b>	
<b>Sunday</b>	