

## EXERCISE: Depression Activity Worksheet

Fill in a Depression Activity Worksheet for yourself, taking note of what you do both more of and less of since you have become depressed. Ask friends and family if they have noticed any changes in what you do. Lastly, take some time to think about what has been the overall impact of what you have been doing since being depressed, keeping in mind both the short- and long-term impact.

**Since becoming depressed, what do you do less of?**

**Since becoming depressed, what do you do more of?**

**What do other people say you do more of/less of?**

**What is the overall impact of what you are doing (short-term and long-term)?**