**Depression**

**Depression Words**

<table>
<thead>
<tr>
<th>Sadness</th>
<th>Despair</th>
<th>Grief</th>
<th>Melancholy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Agony</td>
<td>Disappointment</td>
<td>Homesickness</td>
<td>Misery</td>
</tr>
<tr>
<td>Alienation</td>
<td>Discontentment</td>
<td>Hopelessness</td>
<td>Neglect</td>
</tr>
<tr>
<td>Anguish</td>
<td>Dismay</td>
<td>Hurts</td>
<td>Pity</td>
</tr>
<tr>
<td>Crushed</td>
<td>Displeasure</td>
<td>Insecurity</td>
<td>Rejection</td>
</tr>
<tr>
<td>Defeat</td>
<td>Distraught</td>
<td>Isolation</td>
<td>Sorrow</td>
</tr>
<tr>
<td>Dejection</td>
<td>Gloom</td>
<td>Loneliness</td>
<td>Unhappiness</td>
</tr>
</tbody>
</table>

Other: ________________________________________________________  
______________________________________________________________

**Trigger Events for Feeling Depressed**

- Things turning out badly.
- Getting what you don’t want.
- Not getting what you want and believe you need in life; thinking about what you have not gotten that you wanted or needed.
- Not getting what you have worked for.
- Things being worse than you expected.
- The death of someone you love; thinking about deaths of people you love.
- Losing a relationship; thinking about losses.
- Being separated from someone you care for or value; thinking about how much you miss someone.
- Being rejected or excluded.
- Being disapproved of or disliked; not being valued by people you care about.
- Discovering that you are powerless or helpless.
- Being with someone else who is sad, hurt or in pain.
- Reading about other people’s problems or troubles in the world.
- Other: ________________________________________________________  
______________________________________________________________  

Resource; *Skills Training Manual for Treating B.P.D.*  
CBT+
Depression

**Thoughts that Make You Feel Depressed**
- Believing that a separation from someone will last for a long time or will never end.
- Believing that you are worthless or not valuable.
- Believing that you will not get what you want or need in your life.
- Hopeless beliefs.
- Other: ______________________________________________________
  ______________________________________________________________
  ______________________________________________________________

**Experiencing the Depression**
- Feeling tired, run-down, or low in energy.
- Feeling lethargic, listless; wanting to stay in bed all day.
- Feeling as if nothing is pleasurable any more.
- Feeling a pain or hollowness in your chest or gut.
- Feeling empty.
- Crying, tears, whimpering.
- Feeling as if you can’t stop crying, or feeling that if you ever start crying, you will never be able to stop.
- Difficulty swallowing.
- Breathlessness.
- Dizziness.
- Other: ______________________________________________________
  ______________________________________________________________
  ______________________________________________________________

**Depression Actions**
- Frowning, not smiling.
- Eyes drooping.
- Sitting or lying around; being inactive.
- Making slow, shuffling movements.
- A slumped, drooping posture.
- Withdrawing from social contact.
- Talking little or not at all.
**Depression Actions Continued**

- Using a low, quiet, slow monotonous voice.
- Saying sad things.
- Giving up and no longer trying to improve.
- Moping, brooding, or acting moody.
- Talking to someone about sadness.
- Other: ______________________________________________________
  ______________________________________________________________
  ______________________________________________________________

**Consequences of Depression**

- Feeling irritable, touchy, or grouchy.
- Having a negative outlook; thinking only about the negative side of things.
- Blaming or criticizing yourself.
- Remembering or imagining other times you were sad and other losses.
- Hopeless attitude.
- Not being able to remember happy things.
- Fainting spells.
- Nightmares.
- Insomnia.
- Appetite disturbance, indigestion.
- Yearning and searching for the thing lost.
- Depersonalization, dissociative experiences, numbness, or shock.
- Anger, shame, fear, or other negative emotions.
- Other: ______________________________________________________
  ______________________________________________________________
  ______________________________________________________________
  ______________________________________________________________