



# Depression



## Depression Words

Sadness	Despair	Grief	Melancholy
Agony	Disappointment	Homesickness	Misery
Alienation	Discontentment	Hopelessness	Neglect
Anguish	Dismay	Hurts	Pity
Crushed	Displeasure	Insecurity	Rejection
Defeat	Distraught	Isolation	Sorrow
Dejection	Gloom	Loneliness	Unhappiness

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: \_\_\_\_\_  
 \_\_\_\_\_



# 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: \_\_\_\_\_

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## 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: \_\_\_\_\_

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## 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: \_\_\_\_\_

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### 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: \_\_\_\_\_

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