

Conceptualizing Depression

Happiness/Mood =



How rewarding our life is
(good social interactions + fun + mastery + approaching our goals + others)

How healthy we are
(enough sleep, physical activity)

How helpful our thoughts are
(how we think about situations + ourselves)



Your mood is like a fire—you need to keep throwing good stuff in there or it will die down. Have any events or situations been cutting down on things that would normally keep your fire going strong?