

## Depression Common Unhelpful and Helpful Thoughts Tool

*Feeling sad, down, irritable or depressed has a lot to do with how we think. Please check the box next to the Unhelpful and Helpful thoughts you sometimes have.*

*Some kids have one or more of these thoughts, or only think this way sometimes. Other kids have none of these thoughts. Your counselor will discuss this with you.*

| Common <b>Unhelpful</b> <b>Depressing</b> Thoughts                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Common <b>Helpful</b> Thoughts                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li><input type="checkbox"/> I can't do anything well</li> <li><input type="checkbox"/> No One really cares about me</li> <li><input type="checkbox"/> I can't make a difference in what happens in my life</li> <li><input type="checkbox"/> Nothing is going to change for the better</li> <li><input type="checkbox"/> There must be something wrong with me</li> <li><input type="checkbox"/> I'm lazy</li> <li><input type="checkbox"/> I can't handle it</li> <li><input type="checkbox"/> I am not a good person</li> <li><input type="checkbox"/> I'm unlovable</li> <li><input type="checkbox"/> Other depressing/sad thoughts you have:</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> I can do some things pretty well</li> <li><input type="checkbox"/> There are people who care about me</li> <li><input type="checkbox"/> When I put my mind to it, I can change my situation</li> <li><input type="checkbox"/> I know I am a good person</li> <li><input type="checkbox"/> Nobody is perfect. I have some good qualities</li> <li><input type="checkbox"/> I can learn from my mistakes and be a better person</li> <li><input type="checkbox"/> I deserve to be respected</li> <li><input type="checkbox"/> I like to be challenged</li> <li><input type="checkbox"/> I am lovable</li> <li><input type="checkbox"/> Other helpful thoughts you have:</li> </ul> |

*For unhelpful depression thoughts that you have a lot, try filling out a **Unhelpful Thought - Feelings - Actions** triangle to see how the thought might be affecting you. Then, with your counselor, identify the reasons why you think that and then try to come up with more helpful thoughts to have instead. Pay attention to the thoughts you have that are helpful and see how you can make them more common.*

Triggering Situation

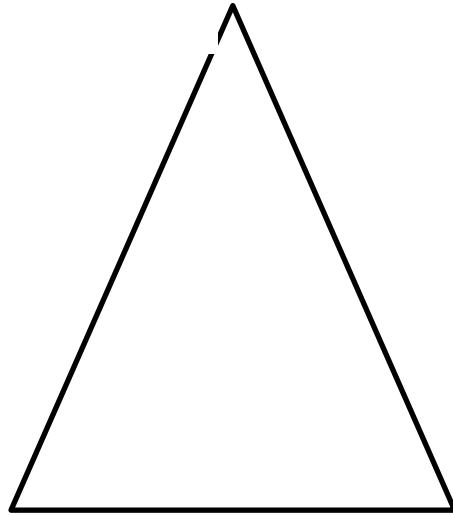
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**Thoughts:**

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**Feelings** connected to the thought

Feeling words:

Sensations in my body:

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**Behaviors** connected to the thought

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Rate: 1—2—3—4—5—6—7—8—9—10

**Reasons You Think This:**

Triggering Situation

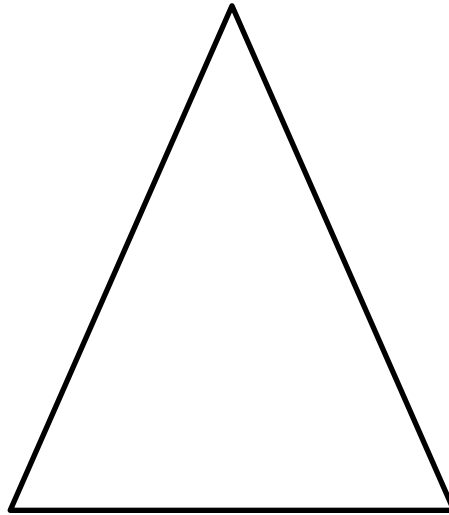
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**Thoughts:**

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**Behaviors** connected to the thought

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**Feelings** connected to the thought

Feeling words:

Sensations in my body:

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Rate: 1—2—3—4—5—6—7—8—9—10

**What you tell yourself if the old thought comes back:**

A large, empty rectangular box with a black border, intended for the user to write their response to the prompt above.