

Understanding the Causes of Your Depression

This worksheet will provide crucial information, in an organized way, to help you and those assisting you to formulate a comprehensive, effective plan for recovery. **Circle or highlight those items that seem relevant to this depression. Use the empty space to fill in additional or explanatory information. Use additional paper if you need more room.**
Remember – identifying clear causes is the first step to resolving them - and then putting them behind you forever.

1: Relationship Triggers	Grief / Conflict / Transition / Lack of Interpersonal Skills/ Abuse / Loss / Disappointment <i>(Include both recent and past triggers – as the impact of these may accumulate over time)</i>
2: Depressive Thoughts	Pervasive / Permanent / Personal // Black & White / Negative Focus / Shoulds / Others
3: Depressive Behavior	Withdrawal / Avoidance / Escapism / Procrastination / Addiction / Self Harm / Other
4: Impact: Spirituality	Religious / Meaning / Purpose / Connection / Other
5: Impact: Relationships	Withdrawal / Attack / Excessive Caretaking // Who's Being Impacted
6: Lifestyle Factors	Inadequate Nutrition / Sedentary Living / Lack of Sleep / Other