

Depression Reading Guide

A. Chapters 1–4 as an introduction to *Mind Over Mood*.

B. Chapter 13 to learn more about depression and increase the types of activity that help your mood.

C. Chapter 5 to set goals and identify personal signs of improvement that are meaningful to you.

D. Chapters 6–9 to learn how to use Thought Records to identify and test your negative thoughts and generate more balanced or alternative ways of thinking.

E. Chapter 10 to learn how to strengthen your alternative thoughts, use Action Plans to solve problems, and develop an attitude of acceptance for problems that can't be solved.

F. Chapter 11 to learn how to use behavioral experiments to test out negative predictions, address perfectionism, and develop new assumptions that can lead to meaningful change and greater happiness.

G. Chapter 12 to help you develop new core beliefs; sections later in the chapter (on gratitude and acts of kindness) to strengthen positive core beliefs and lead to better relationships and greater happiness.

H. Chapter 14 if you also struggle with anxiety; Chapter 15 if you experience difficulties with anger, guilt or shame.

I. Chapter 16 to help you make a plan to continue to feel better over time.