

EXERCISE: Identifying Cognitive Aspects of Depression

Worksheet 13.3 lists some negative thoughts that people frequently have when they are depressed. To see if you've had these types of negative thoughts, and to help you distinguish among them, mark each thought you have had and indicate whether each thought is negative toward yourself, your future, or your experiences.

WORKSHEET 13.3. Identifying Cognitive Aspects of Depression

Mark each thought you have had:	Is the thought negative toward myself, my future, or my experiences?
<input type="checkbox"/> 1. I'm no good.	_____
<input type="checkbox"/> 2. I'm a failure.	_____
<input type="checkbox"/> 3. Nobody likes me.	_____
<input type="checkbox"/> 4. Things will never get better.	_____
<input type="checkbox"/> 5. I'm a loser.	_____
<input type="checkbox"/> 6. I'm worthless.	_____
<input type="checkbox"/> 7. No one can help me.	_____
<input type="checkbox"/> 8. I've let people down.	_____
<input type="checkbox"/> 9. Others are better than I am.	_____
<input type="checkbox"/> 10. (S)he hates me.	_____
<input type="checkbox"/> 11. I'm always making mistakes.	_____
<input type="checkbox"/> 12. My life is a disaster.	_____
<input type="checkbox"/> 13. (S)he dislikes me.	_____
<input type="checkbox"/> 14. This is hopeless.	_____
<input type="checkbox"/> 15. Others are disappointed in me.	_____
<input type="checkbox"/> 16. I can't change.	_____