

Behavioral Activation Model of Depression

This exercise helps to understand how thoughts, feelings and actions are connected and related. It demonstrates how depression works and how powerful our actions are.

What happened?	How did you feel? <i>Mentally?</i> <i>Physically?</i> <i>Emotionally?</i>	What did or didn't you do?	How do your feelings relate to what you did or didn't do?
<p>I got laid off; My roommate asked me to leave.</p>	<p>Mentally - negative thoughts Physically - lethargic Emotionally low self-esteem</p>	<p>I was staying in bed all day and smoking weed.</p>	<p>I felt very bad about myself and my life; I felt more depressed.</p>

Behavioral Activation Model of Depression

This exercise helps to understand how thoughts, feelings and actions are connected and related. It demonstrates how depression works and how powerful our actions are.

What happened?	How did you feel? <i>Mentally?</i> <i>Physically?</i> <i>Emotionally?</i>	What did or didn't you do?	How do your feelings relate to what you did or didn't do?