

COMING UP WITH REALISTIC THOUGHTS

Depressive Thought:

Can I get more evidence, like asking someone about the situation?

Would most people agree with this thought? If not, what would be a more realistic thought?

We are often much more realistic about other people than about ourselves.
What would I say to a friend in a similar situation?

What is a less extreme way of looking at the situation?

What will happen if I continue to think this way?

What is another way of thinking that is more encouraging or useful?

PROBLEM SOLVING

ACTION	ADVANTAGES	DISADVANTAGES
1.		
2.		
3.		

