

*The Depression Solution*

**Handout 3.8: Weekly Depression Log**

Date(s): \_\_\_\_\_

1. Upsetting event:

\_\_\_\_\_

2. Emotional responses:

\_\_\_\_\_

3. Degree of depressed feeling: LOW 1 2 3 4 5 6 7 8 9 10 HIGH

4. Depression-producing thoughts:

\_\_\_\_\_

Certainty of beliefs: LOW 1 2 3 4 5 6 7 8 9 10 HIGH

5. Depression-busting thoughts:

\_\_\_\_\_

Certainty of beliefs: LOW 1 2 3 4 5 6 7 8 9 10 HIGH

6. Unhealthy reactions:

\_\_\_\_\_

7. Healthy reactions:

\_\_\_\_\_

8. CBT skills I have used to combat depression:

\_\_\_\_\_

9. Mindfulness and acceptance skills I have practiced:

\_\_\_\_\_

10. Alternative skills I can use:

\_\_\_\_\_

11. Costs and benefits of my depressive thinking:

\_\_\_\_\_

12. Action plan and goals for combatting depression:

\_\_\_\_\_