



WORKSHEET

Recall a time in your life when you felt depressed. Answer the following questions about that time of life or event.

The life event or situation that made me feel really sad was:

1. When did it happen?
2. Where were you at the time?
3. Who else was involved?
4. List "feelings words" that describe how you felt when you were really sad.
5. How did you act differently when you were really sad?
6. What thoughts went through your mind when you were really sad?