

## What I am thinking:

'I am useless', 'I feel hopeless', 'It's all my fault', 'I'm not attractive', 'No one likes me', 'I don't fit in', 'Nothing good happens to me.'

## What I am doing:

Feelings create behaviours.

Negative feelings could make us want to:

- Stop doing usual activities.
- Withdraw from other people.
- Stop taking care of self and looking after home.
- Spend more.
- Drink and smoke more or take drugs.

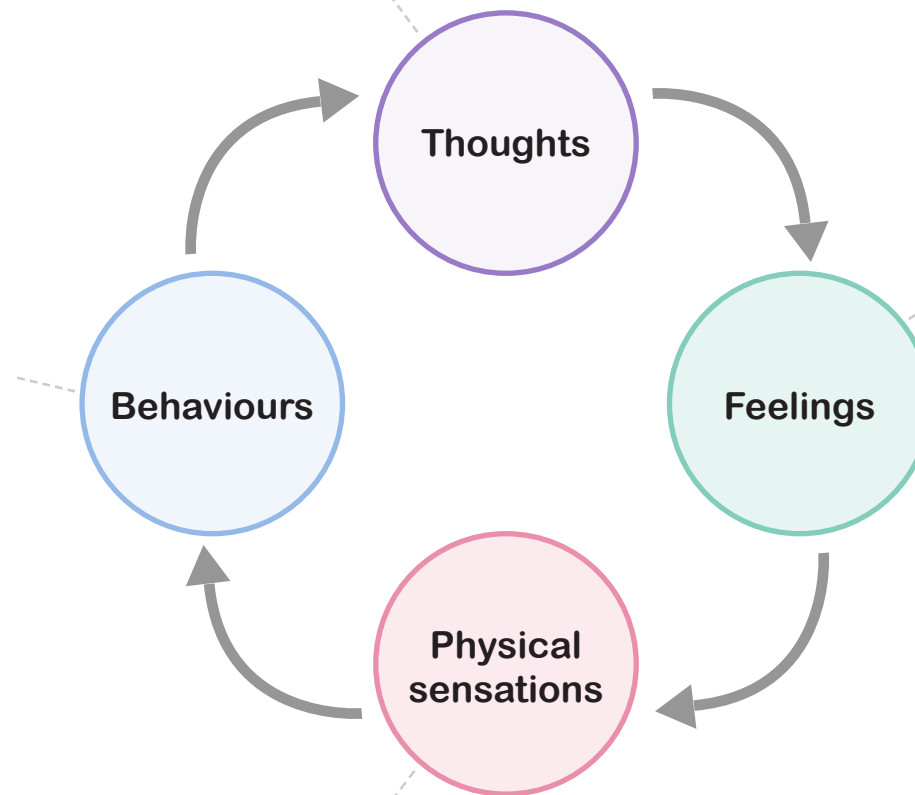
These behaviours make us feel more hopeless and affect our self-esteem causing the depression to continue.

How we behave reinforces thoughts and feelings, so the cycle continues.

## How my body reacts:

Thoughts and feelings trigger a physical response.

Poor sleep and appetite (or eat more), lack of energy, headaches, poor concentration, problems with memory.



## What I am feeling:

Thoughts create feelings.

Low, upset, down, guilty, hopeless, angry.