

Vicious Cycle of Depression (blank)



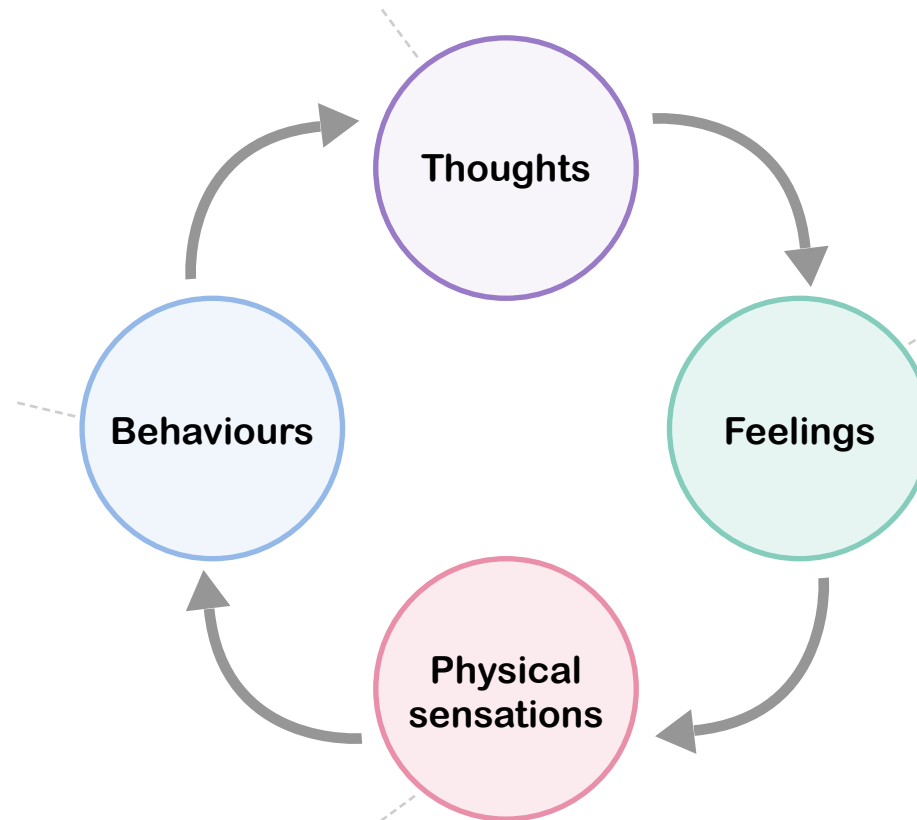
www.mindwell-leeds.org.uk

What I am thinking:

Situation

What I am doing:

Feelings create behaviours.



What I am feeling:

Thoughts create feelings.

How my body reacts:

Thoughts and feelings trigger a physical response.