

Vicious Cycle of Depression with unemployment example

What I am thinking:

I am never going to get a job. I am useless. There's no hope. I am going to lose my house.

What I am doing:

- Start to withdraw from family.
- Stop seeing friends.
- Stop doing usual activities like football.
- Drink and smoke more.
- Eat more junk food and takeaways.
- Stay in bed longer.

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

Thoughts are more negative - stop applying for jobs.

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

What I am feeling:

Hopeless, down, upset, low self-esteem.

How my body reacts:

Keep waking in the night, lack of energy, headaches, poor concentration.

