

CBT for teenage depression worksheet: Version 2

Write down any situation or place in the past that has activated your depressive thoughts or feelings.

Example: I failed my exam

What were your beliefs after the event?

Example: I am a failure

What were the consequences of your beliefs?

Example: i cried, didn't eat or sleep.

How did your beliefs help you?

Example: i didn't study for the next exam because i considered myself as a failure so my beliefs didn't help me

Think of any other beliefs in the situation that could have helped you?

For example, it's okay if one exam didn't go well. I will work hard on the next.

A large, empty rectangular box with a thin black border, intended for the user to write their answer to the question above.