

My Personalized Plan

1. My depressive symptoms (e.g., lack of motivation, reduced sex drive):
2. My unhelpful thinking styles (e.g., catastrophizing):
3. My unhelpful behaviors (e.g., isolating):
4. One sleep and one exercise tool I plan to use:
5. Two thought exercises I plan to use (e.g., alternative responses, self-affirmations):
6. Two behavioral tips I plan to use (e.g., pleasant event, mastery activity):