



Thinking that Worsens Depression

Depressive thoughts create feelings which often trigger additional depressive thoughts, creating a vicious downward spiral. The following are common thought patterns that contribute to depressive states:

“All-or-Nothing” Thinking: Everything is “all good” or “all bad.”

Overgeneralization: Because one thing goes wrong, you assume everything else will go wrong, too.

Filtering: You see only the negative.

Jumping to Conclusions/Mind-reading/Fortune Telling: Assuming the worst; you think you know what someone else is thinking.

Magnifying the negatives: A small setback becomes a major disaster

Emotional Reasoning: Your feelings guide your decisions: “If it feels good, it must be OK.”

“Shoulds/Oughts/Musts”: You pressure yourself and put yourself down when something doesn’t work out; you set yourself up for anger and failure.

Labeling: You call yourself and others names and identify with the name, thereby causing you to easily give up on yourself and others.

Personalization: You take things personally that is only marginally relevant to you.

Blaming Others: Others are responsible for your misery or joy. “It’s your fault I’m not happy.”

Blaming Self: You take responsibility for things that are really beyond your control.

The Good news:

You have the power to choose how to think about and respond to any situation.