

DEPRESSION QUESTIONS

1. Have I been getting enough sleep?
2. Have I been eating well?
3. Have I been getting enough exercise? (It doesn't have to be vigorous; just a long walk can be good)
4. Do I allow myself to relax and take breaks as needed?
5. Do I have a good balance of solitude and companionship?
6. Do I feel angry? If so, what triggered it? Does a current conflict remind me of something in my past? Can I find a healthy way to share my anger with the person who upset me? What are my fears about doing so?
7. Might I be having an "anniversary response?" For example, did something bad happen to me or did I experience some difficult loss at this time of year in the past?
8. Do I feel guilty or ashamed for having expressed some strong emotion such as anger, frustration, sadness, joy, vitality, or self-confidence? If so, why? Do I feel I have to apologize by being depressed?
9. If someone else seems to be seeing me in a negative light, do I automatically take their opinions as truth?
10. Do I feel that my joy or efforts to help myself would cause pain or guilt or sadness for someone else?
11. If a relationship ends or isn't working, am I automatically blaming myself?
12. Am I blaming myself for not having all the right answers?
13. Can I forgive myself for my mistakes?
14. Am I trying too hard to solve someone else's problems? If so, why?
15. What am I doing that's good?
16. Am I expressing my physical and emotional needs to myself and others?
17. Can I sit with my sadness and have compassion for the part of me that is hurting?
18. Whose voice is telling me that I'm a failure or that I should be different than I am? Can I find a gentle way to talk back?
19. Imagine yourself a thousand years from now. What would your thousand year old self say to the person you are now?
20. Other insights _____