

My Personalized Plan

1. My depressive symptoms (e.g., lack of motivation, reduced sex drive) [located on page 6]:
2. My unhelpful thinking styles (e.g., catastrophizing) [located on page 18]:
3. My unhelpful behaviors (e.g., isolating) [located on page 19]:
4. One sleep and one exercise tool I plan to use [located on page 10]:
5. Two thought exercises I plan to use (e.g., alternative responses, self-affirmations) [located on pages 27-28, 31]:
6. Two behavioral tips I plan to use (e.g., pleasant event, mastery activity) [located on pages 32-33]: