

Week 2: Understanding & Changing Unhelpful Thoughts & Behaviors

Week 2/Video 1:

Welcome back to Virtual Getting Unstuck. In part 1 of the virtual workshop, we identified symptoms of depression and discussed the CBT model. We highlighted the interactions between thoughts, feelings, physical sensations and behaviors that make up our experience of depression.

Over the next two parts of the webinar, we will be focusing on some of the ways that our behaviors and thoughts can reinforce or perpetuate depression. We will also begin to look at how making small changes to our thoughts and behaviors helps the day-to-day management of depressive symptoms and can ultimately reduce symptoms.

Today specifically, we will focus on habits that keep us stuck feeling depressed, including common styles of unhelpful thinking and behaving that we all engage in that perpetuate depression.

During part one and through homework practice, I am hoping you are feeling more comfortable with the CBT model and how our thoughts, physical sensations, behaviors, and emotions interact with one another.

Let's begin looking more intentionally in two areas: thoughts and behaviors. There are lots of things people think and do that perpetuate depression.

Let me be clear that when we say "your thoughts and behaviors perpetuate depression", we don't mean that you caused or are to blame for being stuck in depression, but rather that some of our habitual thinking patterns and behaviors may be keeping us depressed. On **page 17** of your workbook, is a worksheet titled "how to do a 'good' depression" and it is a list of thinking and behavior patterns that keep people stuck.

Let's take a moment to review the list and I encourage you check off, circle, or highlight the things that you think and do when you're depressed. Take your time before moving on to the next video.