

# Writing Your Depression Story

## **Objective**

To better understand how depression affects your life.

## **What to Know**

Signs of depression include sadness, discouragement, despair, or hopelessness that lasts for weeks, months or longer. Depression affects more than your mood. It can change how you think and your ability to enjoy the things that normally make you happy. Depression drains your energy, your motivation, and your concentration. It can make all your daily activities more difficult.

But you can feel better! Depression is a very common problem and thousands of people every day get help for their depression and live happy fulfilling lives.

Getting help starts with the process of sharing the story of your depression and this worksheet can help you do just that. Once you complete it, you can share it with someone you trust.

## **What to Do**

On the lines below or in your journal, write the “long” version of your depression story. You might include when your symptoms began, events that might have contributed to your sad feelings, when you realized you needed help, and anything that is helping you now. Also describe what you think you need right now.

### **My Depression Story**

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Now that you've written down your story, you can come up with a shortened version. If you decide to share your story with others, you can practice telling them what you're going through.

*I have depression and I'm learning how to deal with it. Sometimes it's really hard.*

My depression feels like:

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The symptoms that are hardest for me to deal with are:

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Sometimes depression makes me:

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The things that help me include:

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When I talk to you about it I hope you can:

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Now, put it all together. Looking at what you've written above, write a script so if you decide to talk about how you're feeling you'll know what to say.

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Are you going to share your depression story? Why or why not?

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If you decide to share your story, who will you share it with? \_\_\_\_\_

## Reflections on This Exercise

Did this exercise help you sort out how you can share your feelings with others? Why or why not?

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What did you find most challenging about this exercise?

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How helpful was this exercise? \_\_\_\_\_

(1 = not very helpful, 5 = moderately helpful, 10 = extremely helpful)

What else can you do to cope with depression?

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