#### FREE CBT 3:

# The Cognitve Model for Depression



## Thoughts

 -Negative thoughts about self, the world and the future e.g. I'm a loser There's nothing to look forward to



## **Physical Sensation**

- changes in sleep & appetite
- restlessness
- aches & pains
- heaviness
- crying

#### Feelings

- Sadness
- Hopeless
- Anxious
- Guilt



#### Behaviours

- Not doing fun & enjoyable things
- avoiding being with people
- ruminating





# **Your Symptom Fingerprint**

Use this blank copy of the cognitive model to reflect on how your depression "looks." Fill in the different boxes to understand yourself.

