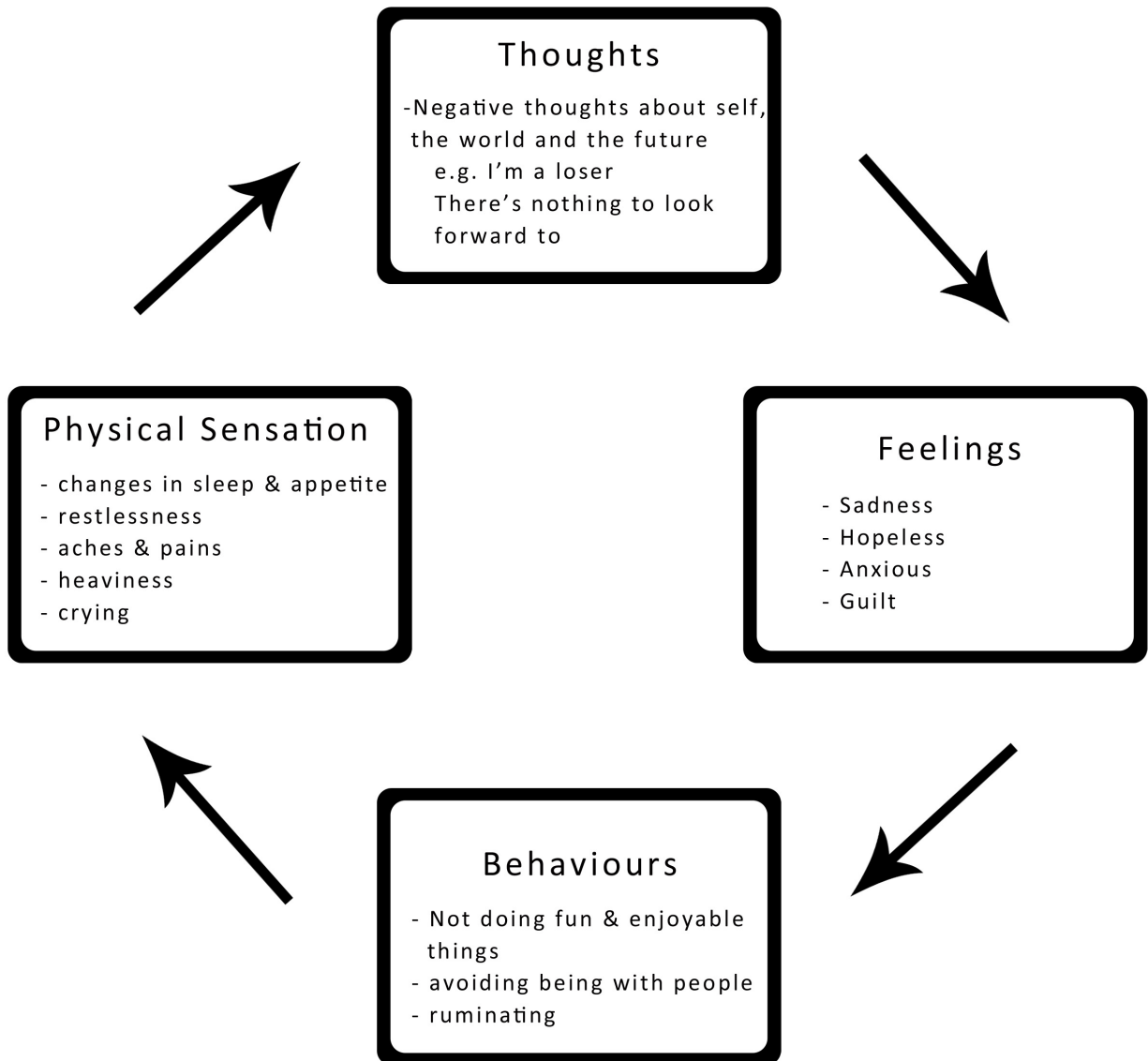


FREE CBT 3:

# The Cognitive Model for Depression



## 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.

