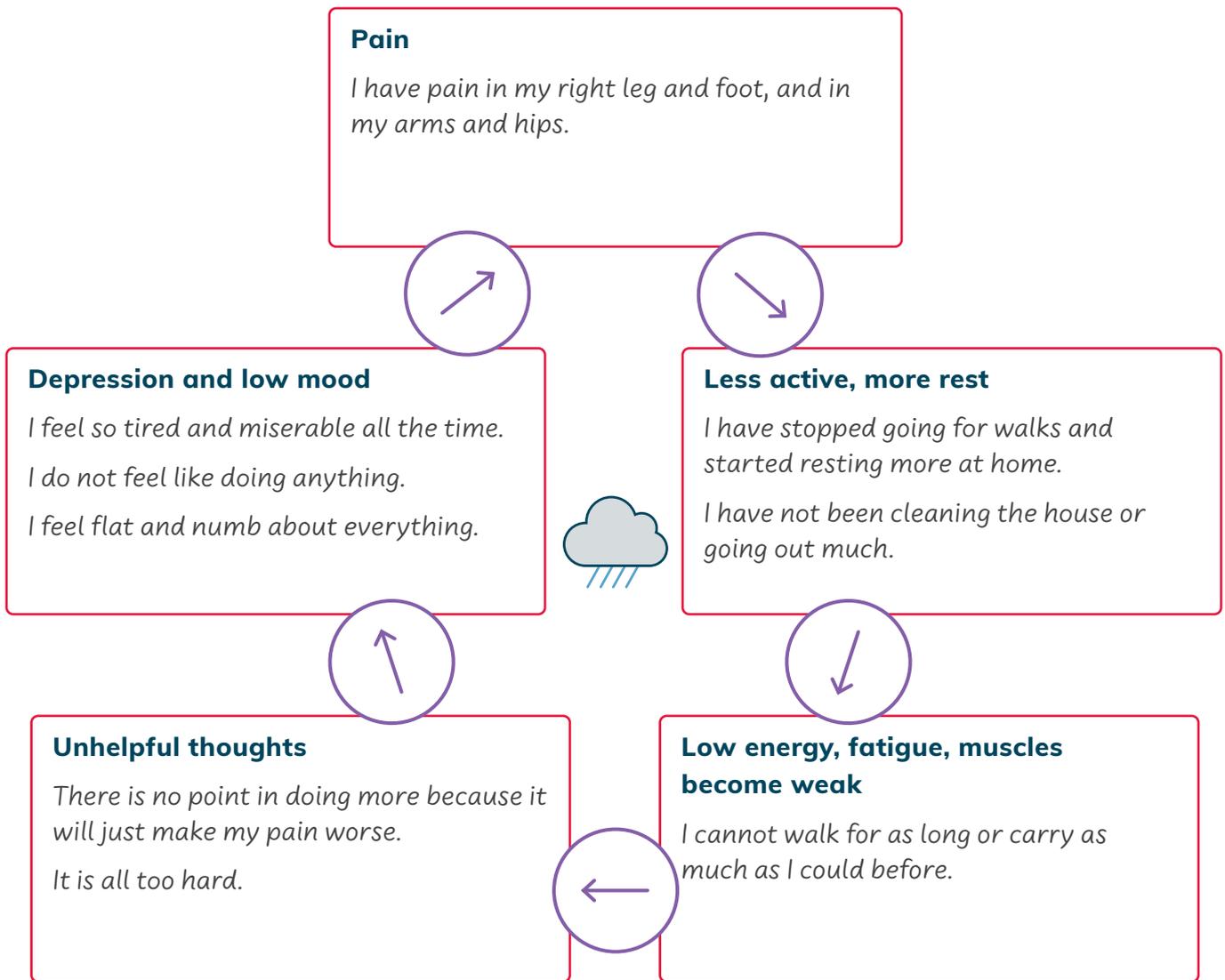




Be Pain Smart – Depression

My cycle of depression worksheet

Think about the parts of your life that build the cycle of depression – look at the example below and then fill in the blank worksheet below.

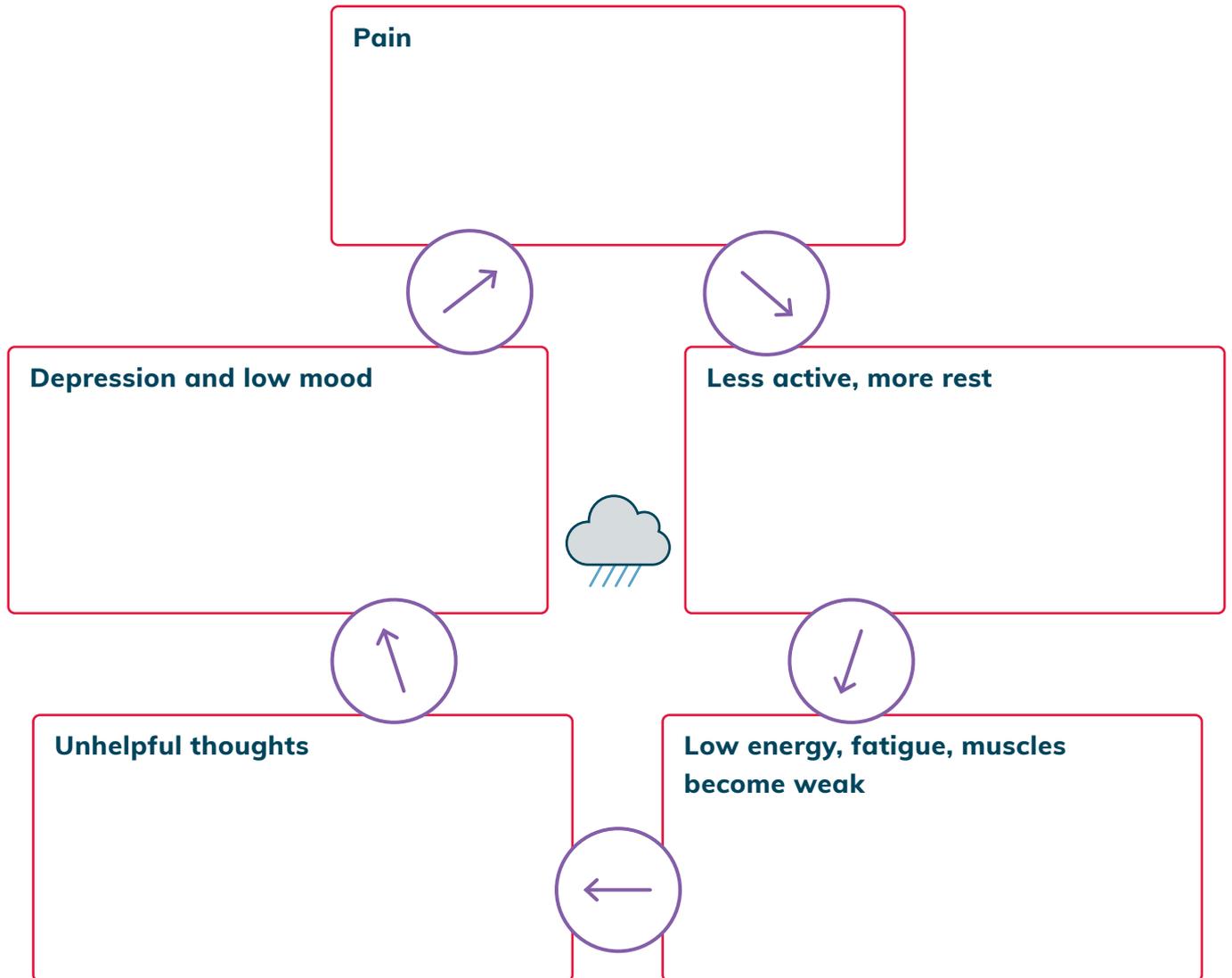




Be Pain Smart – Depression

My cycle of depression

Fill in the blank cycle below with what is going on in your life.

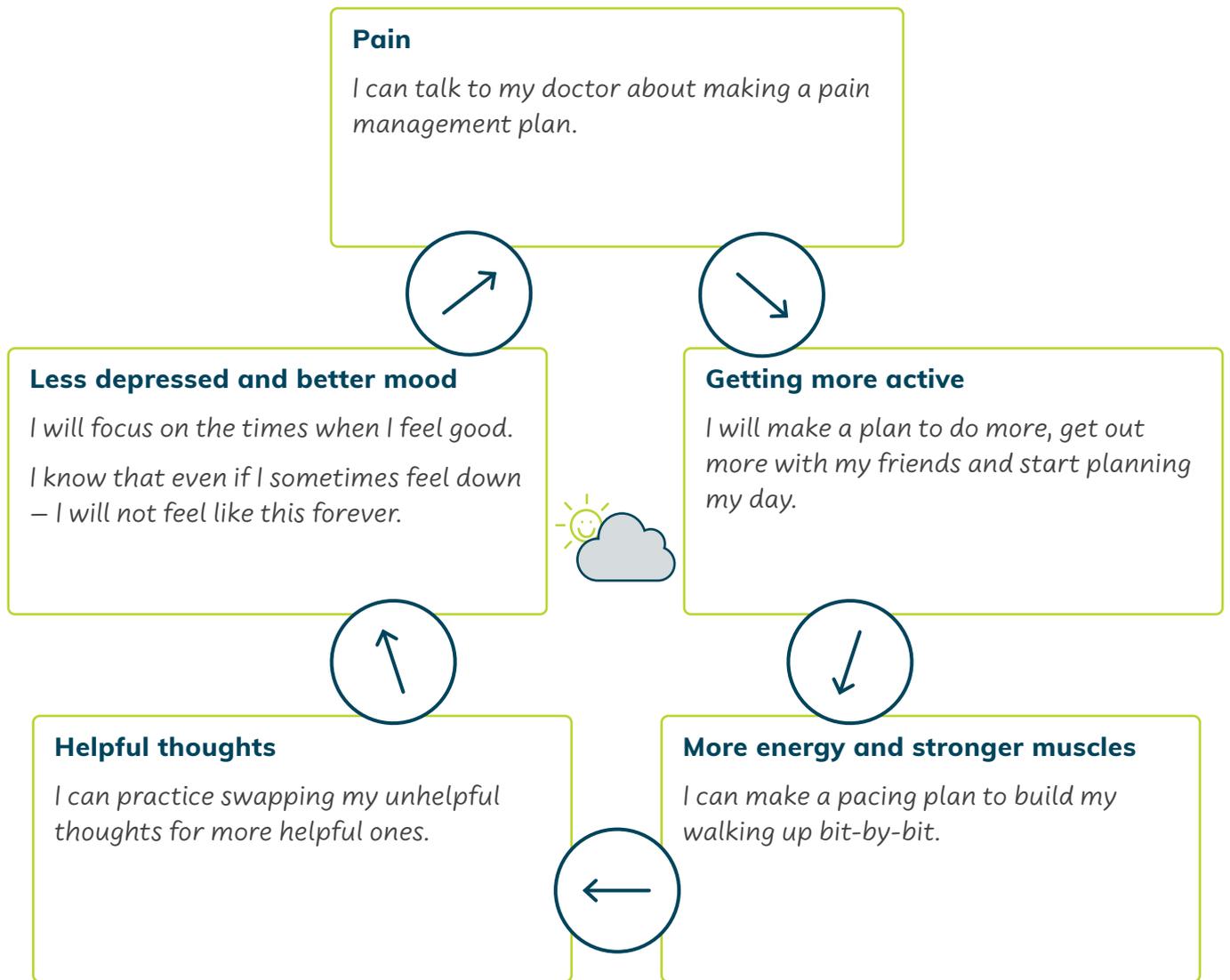




Be Pain Smart – Depression

Turning around my cycle of depression

Think about what parts in the cycle you can change to turn around the cycle of depression – look at the example and then fill in the blank one below.





Be Pain Smart – Depression

Turning around my cycle of depression

Fill in the parts of the cycle below with things that you can do to turn the cycle around.

