Table of Contents

Understanding Your Depression	
Causes of Depression	1
Symptoms of Depression	3
Does Your Depression Physically Hurt?	5
Motivating Yourself to Change	6
Increasing Positive Feelings	
Three Good Things That Happened Today	8
Imagining Your Best Possible Self	9
Finding Awe	13
Creating a Personal Mission Statement	15
Identifying Your Signature Strengths	18
Using Your Signature Strengths	22
Things You Can Do to Lift Your Spirits	23
Creating a Gratitude Journal	26
Feeling Better Through Spiritual Awareness	28
Finding Joy and Balance in Your Life	32
Focusing on Positive Feelings	36
Loving Kindness Meditation	38
New Ways to Think	
Using Coping Statements to Talk Back to Your Depression	39
Identifying Your Automatic and Irrational Thoughts	42
Talking Back to Your Automatic and Irrational Thoughts	45
Giving Up Negative Judgments About Others	46
Focusing on Solutions Rather Than Problems	48
Solving Your Problems One Step at a Time	50
Developing Your Nurturing Inner Voice	54
New Ways to Act	
Using a Contract to Commit to Change	56
Acts of Kindness Lead to Happiness	58
Increasing Flow Experiences	59
Rate Your Flow Activities	61

Practicing Compassionate Self-Care	62
Creating a Better Day	64
Overcoming Depression with the Help of Exercise	67
Getting More Sleep Can Help Improve Your Mood	70
How Diet Affects Your Mood	72
Coping with Stress and Difficult Feelings	
Breaking the Cycle of Stress and Depression	74
Dealing with Shame and Guilt	76
Getting Through Difficult Times with Mindfulness	77
Accepting Unpleasant Experiences, Thoughts, and Feelings	79
Connecting to Others	
Communicating Your Needs and Feelings with "I" Statements	81
Don't Be Alone	83
Seeing How Others Value You	85
Building Your Support System	88
How Do You Want to Be Treated?	92
Creating a Permanent Change	
What Has Helped You?	94
Overcoming Setbacks	96
Keeping Track of How Medication Affects Your Depression	99
Notes	101