



The Shade Project

Managing Thoughts (Segal et al., 2002; Beck et al., 1979)

Situation	Thoughts	Feelings
<i>Sitting at home, bored, nothing to do</i>	<i>I should be out doing something, but I've got nothing to do, nobody to do it with, life sucks, nothing good ever happens</i>	<i>Sad, Angry, Useless, Worthless</i>

This is just a thought

Thoughts are not facts (even the ones that tell me they are)

I am not my thoughts

Which automatic thought is this?*	Does it fit the facts?	What is another explanation?	Feelings now
<i>Jumping to negative conclusions Personalising Shoulds/oughts</i>	<i>Not really – I've got some friends but they are at work, & I do have some things to do that I like</i>	<i>My depression is telling me I don't have anything to do. It would be nice if I had someone to do stuff with, but I can choose to do something myself and still enjoy it.</i>	<i>A bit happier, a bit more in control, a bit more motivated and worthwhile</i>

* catastrophising, personalising, jumping to negative conclusions, black/white thinking, shoulds/oughts