

Fundamental Goals Cont...

► Depression

• Knowledge

- Learn about the mental and physical causes of depression
- List your triggers for depression
- Of those triggers, identify which ones you can control and which ones you cannot.
- Identify those things that make you feel less depressed
- Identify exceptions. "What is different when you are not depressed"

• Skills

- Develop a plan for increasing the exceptions and things that make you feel less depressed
- Use behavioral and cognitive behavioral strategies to address those things you cannot control

• Abilities

- Discuss how effective your plan is, things that need to be altered in your plan
- Discuss the different strategies you use to address those things you cannot control and how effective they are.

Measurable Depression Goals

Bradley T. Erford



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