

Depressive Thoughts Worksheet for Teens

Often, when you are feeling depressed, your thoughts may be overwhelming. You may not know what to do or how to restructure your thinking. Understanding the type of thinking you are doing and where it comes from is the first step to thinking more positively, and thereby, improving your mood.

To learn more about the negative types of thinking you might do and what they are called, consult the **Unhelpful Thinking Styles** worksheet, which clarifies the different unproductive thinking styles that may lead to depression. Then, complete the questions below:

1. If you want to learn more about your depressive thoughts, start by writing down a situation or event that made you upset.

Situation

If you can't think of a situation, just write down your thoughts when your mood drops. If you have thought about a situation, write those thoughts down.

2. Make a list of the thoughts you have:

3. Next, write out the depressive thoughts and the situation together. Be sure to label what type of thoughts you think they are using the **Unhelpful Thinking Styles** worksheet.

Use this opportunity to reconstruct your depressive thoughts and change them into realistic thoughts. Use the example in this chart to guide you:

Situation	Depressive Thoughts	Realistic Thoughts
My friend isn't talking to me much right now. She seems really upset and is giving me short answers.	My friend hates me [Mind-Reading]	She may just be having a bad day and not want to talk much right now.