

My Depression Story

Everyone's story is unique and we all have different key points on our journey that have shaped our perspective. It is important to realize that there are critical moments that set the path for your story.

This exercise can be adapted for individual therapy, but can also be used in group therapy.

Your Life Story

Write down four key moments on the timeline below that characterize your journey. How have these key moments affected your journey? If you're having trouble narrowing down key moments, then list as many things as you can think of:

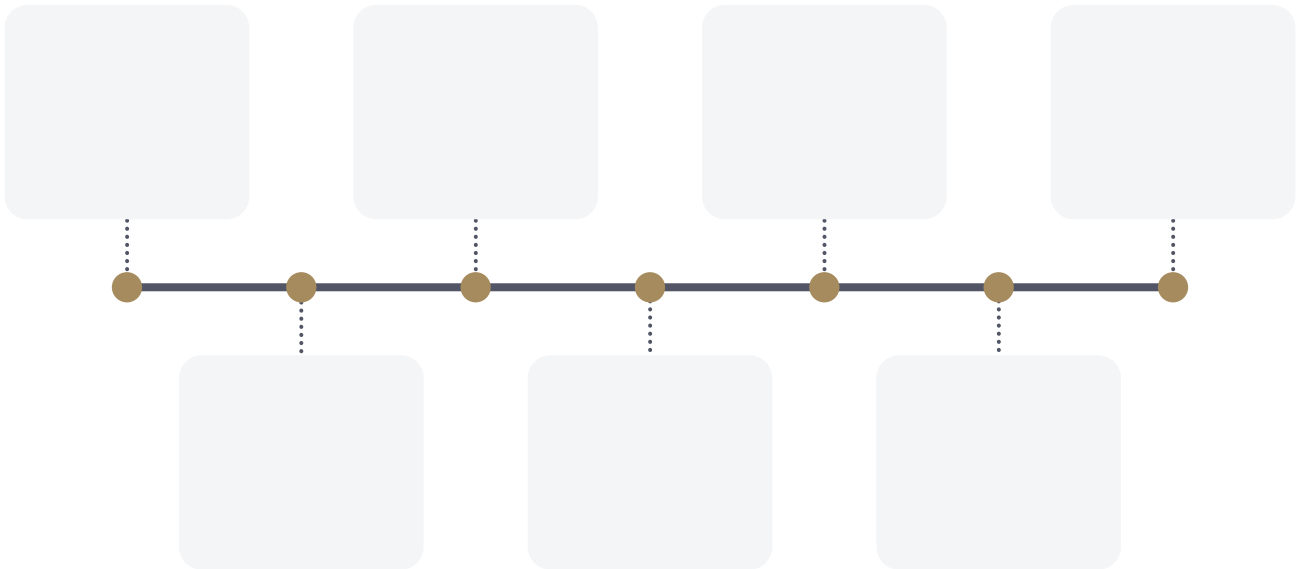
- 1.
- 2.
- 3.
- 4.

Your Depression Life Story

Write down some moments that have characterized your depression. Think about where it started, how it has progressed, and some realizations you have come to along the way.

- 1.
- 2.
- 3.
- 4.

Now that you have done both, plot your critical moments (from your Life Story) and your moments (from your Depression Life Story) on this timeline. Have they happened alongside each other or separate from each other?



Look at your timeline again. Based on these events, what are your future goals? Write down your future aspirations here:

- 1.
- 2.
- 3.
- 4.

What are some obstacles you anticipate getting in your way? List them here:

- 1.
- 2.

3.

4.

Now, review both timelines with your support group and/or therapist. Consider:

1. What is the difference between the timeline you created and your future goals?
2. Do you think that your depression or your critical moments have had more of an impact on your personal goal?
3. How can you reach the goals you have set out for yourself? Ask the group for some feedback on how to overcome your obstacles.

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