

Understanding Vicious Cycles

Behavioral activation research suggests that depression can create a vicious cycle of events, emotions, and behavior (Behavioral Activation for Depression, n.d.).

Use this worksheet to explore the events that trigger depression, the emotions that arise, and the resulting behavior.

Think of some recent events that you believe may have triggered or maintained your depression:

What happened? Stressful events or memories, etc.	How did you feel? Moods, feelings, etc.	What did you do? (Or what did you stop doing?)
<i>For example, I didn't get the job.</i>	<i>Angry, rejected, stressed.</i>	<i>Stayed in bed and ignored my friends.</i>

What happened? Stressful events or memories, etc.	How did you feel? Moods, feelings, etc.	What did you do? (Or what did you stop doing?)

Understanding the triggers linked to depression and the emotions that lead to specific behaviors can help create a treatment plan.

References

- Behavioral Activation for Depression. (n.d.). Retrieved February 16, 2022, from <https://medicine.umich.edu/sites/default/files/content/downloads/Behavioral-Activation-for-Depression.pdf>

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