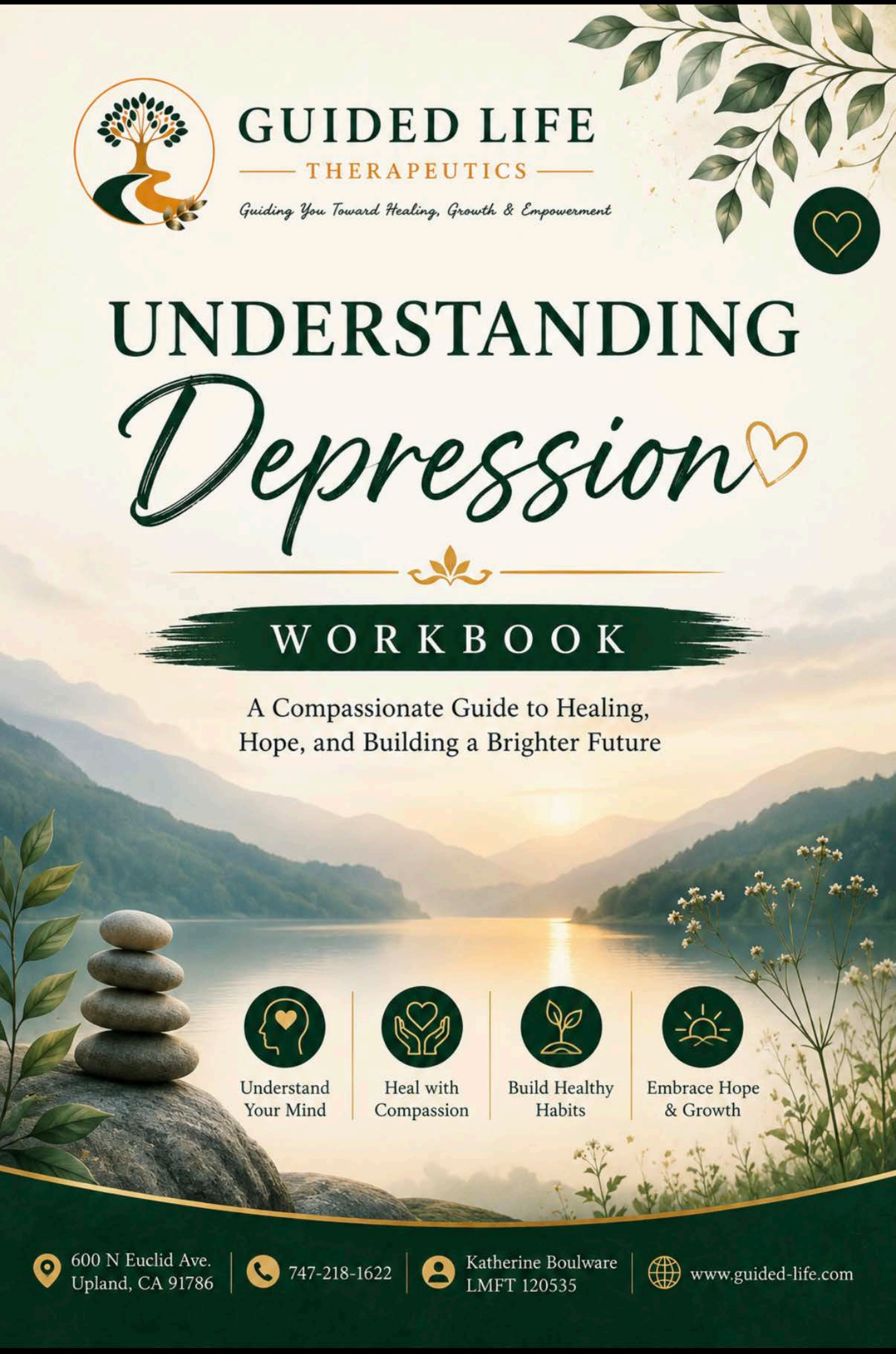
GUIDED LIFE
THERAPEUTICS
Guiding You Toward Healing, Growth & Empowerment

UNDERSTANDING Depression

WORKBOOK

A Compassionate Guide to Healing,
Hope, and Building a Brighter Future



Understand Your Mind

Heal with Compassion

Build Healthy Habits

Embrace Hope & Growth

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DEPRESSION DIAGNOSTIC CRITERIA

Based on DSM-5 Criteria for Major Depressive Disorder

This tool is for educational and self-assessment purposes only and does not replace a professional diagnosis.
If you are experiencing distress, please reach out for support.

Today's Date: _____

Name (optional): _____

My Goal: _____

Understand my emotions.
Seek support. Feel better.

1. CORE CRITERIA

According to the DSM-5, a person may be experiencing Major Depressive Disorder if they have FIVE (or more) of the following symptoms during the same 2-week period, and the symptoms represent a change from previous functioning. At least one of the symptoms must be either (1) or (2).

IN THE PAST 2 WEEKS, HOW OFTEN HAVE YOU EXPERIENCED THE FOLLOWING?

	Not at All	Several Days	More Than Half the Days	Nearly Every Day
1. Little interest or pleasure in doing things	☐	☐	☐	☐
2. Feeling down, depressed, or hopeless	☐	☐	☐	☐
3. Trouble falling or staying asleep, or sleeping too much	☐	☐	☐	☐
4. Feeling tired or having little energy	☐	☐	☐	☐
5. Poor appetite or overeating	☐	☐	☐	☐
6. Feeling bad about yourself – or that you are a failure or have let yourself or your family down	☐	☐	☐	☐
7. Trouble concentrating on things, such as reading the newspaper or watching TV	☐	☐	☐	☐
8. Moving or speaking so slowly that others could have noticed, or the opposite – being so fidgety or restless that you have been moving around a lot more than usual	☐	☐	☐	☐
9. Thoughts that you would be better off dead, or of hurting yourself in some way	☐	☐	☐	☐

★ If you checked FIVE (or more) symptoms, and at least #1 or #2, you may be experiencing depression.

2. DURATION & IMPACT

Symptoms must last for at least 2 weeks and cause clinically significant distress or impairment in social, occupational, or other important areas of functioning.

How long have you been experiencing these symptoms?

- ☐ Less than 2 weeks
- ☐ 2 weeks – 1 month
- ☐ 1 – 3 months
- ☐ 3 – 6 months
- ☐ More than 6 months

These symptoms have affected my:

- ☐ Work / School
- ☐ Relationships
- ☐ Daily responsibilities
- ☐ Overall quality of life

3. DIFFERENTIAL CONSIDERATIONS

These symptoms are not better explained by:

- A medical condition
- Substance use
- Medication side effects
- Grief
- Another mental health condition

If you are unsure, please consult a professional.

4. SEVERITY INDICATOR

How would you rate the overall impact of these symptoms on your daily life?

- ☐ **Mild** – Symptoms are present but manageable
- ☐ **Moderate** – Symptoms interfere with daily life
- ☐ **Moderately Severe** – Significant difficulty with many areas
- ☐ **Severe** – Symptoms make daily functioning very difficult

5. WHAT TO DO NEXT

If you are experiencing these symptoms, you are not alone, and help is available.

- Talk to a trusted friend or family member
- Schedule an appointment with a therapist
- Contact a crisis resource if needed
- Practice self-care and be gentle with yourself

Support is a sign of strength.

6. NOTES & REFLECTION

What patterns, triggers, or life events may be contributing to how I'm feeling?

_____

_____

_____

You don't have to go through this alone.
You are important. You are worthy of help. You can feel better.

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DEPRESSION DIAGNOSTIC OVERVIEW

This guide provides an overview of common depressive disorders based on DSM-5 criteria.
Only a licensed professional can make a diagnosis. If you are struggling, help is available.

Today's Date: _____

Name (optional): _____

My Goal: _____
Understand my emotions.
Seek support. Feel better.

SAD / NORMAL SADNESS

A natural emotional response to life's challenges or losses.

YOU MAY EXPERIENCE:

- Feel sad, upset, or disappointed
- Have temporary changes in sleep, appetite, or energy
- Feel better over time

DURATION:
Brief – hours, days, or a few weeks. Improves with support and time.

MAJOR DEPRESSIVE DISORDER (MDD)

A mood disorder that causes persistent feelings of sadness and loss of interest that interfere with daily life.

CORE SYMPTOMS (5 OR MORE):

- ☐ Depressed mood most of the day
- ☐ Loss of interest or pleasure
- ☐ Changes in appetite or weight
- ☐ Sleep disturbances
- ☐ Low energy or fatigue
- ☐ Feelings of worthlessness or guilt
- ☐ Trouble concentrating
- ☐ Psychomotor changes (agitation or slowing)
- ☐ Thoughts of death or suicide

DURATION:
At least 2 weeks and causes significant distress or impairment.

DYSTHYMIA (PERSISTENT DEPRESSIVE DISORDER)

A chronic form of depression with long-term, low-grade symptoms.

YOU MAY EXPERIENCE:

- ☐ Persistent sad, down, or empty mood
- ☐ Low energy or fatigue
- ☐ Low self-esteem
- ☐ Poor appetite or overeating
- ☐ Sleep problems
- ☐ Feeling hopeless
- ☐ Trouble concentrating
- ☐ Feelings of guilt or worthlessness

DURATION:
At least 2 years (1 year in children and adolescents). Symptoms are present most days.

POSTPARTUM DEPRESSION

Depression that can occur during pregnancy or after childbirth.

YOU MAY EXPERIENCE:

- ☐ Intense sadness or tearfulness
- ☐ Anxiety or panic
- ☐ Trouble bonding with baby
- ☐ Changes in sleep or appetite
- ☐ Overwhelming fatigue
- ☐ Feelings of worthlessness or guilt
- ☐ Thoughts of harming self or baby

DURATION:
Symptoms begin during pregnancy or within 4 weeks after birth and last more than 2 weeks.

BIPOLAR DEPRESSION (BIPOLAR DISORDER)

Depressive episodes that occur as part of bipolar disorder, which includes manic or hypomanic episodes.

DURING DEPRESSIVE EPISODES, YOU MAY EXPERIENCE:

- ☐ Depressed mood
- ☐ Loss of interest
- ☐ Fatigue
- ☐ Hopelessness
- ☐ Changes in sleep or appetite
- ☐ Difficulty concentrating
- ☐ Thoughts of death or suicide

KEY FEATURE:
History of at least one manic or hypomanic episode.

PDD / DOUBLE DEPRESSION

When someone has both Major Depressive Disorder and Dysthymia at the same time.

YOU MAY EXPERIENCE:

- ☐ Persistent low mood
- ☐ More severe depressive episodes
- ☐ Loss of interest or pleasure
- ☐ Fatigue or low energy
- ☐ Low self-esteem
- ☐ Sleep or appetite changes
- ☐ Difficulty concentrating
- ☐ Feelings of hopelessness

DURATION:
Ongoing (dysthymia) with episodes of major depression lasting at least 2 weeks.

WHEN TO SEEK HELP

Reach out to a mental health professional if:

- Symptoms last more than 2 weeks
- Symptoms interfere with daily life
- You have thoughts of death or suicide
- You are not sure what you are experiencing

You don't have to go through this alone.
Help is available, and you deserve to feel better.

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DEPRESSION MOOD TRACKER

Tracking your mood can help you recognize patterns, triggers, and the things that support your well-being.

Month: _____

Name (optional): _____

My Goal for This Month: _____

Small steps lead to big changes.

MOOD SCALE

1	2	3	4	5
Very Low	Low	Neutral	Good	Very Good
Extreme sadness, hopeless, unable to function	Sad, down, unmotivated, struggling	Okay, manageable, neither good nor bad	Feeling better, hopeful, productive, more energy	Positive, motivated, enjoying life, feeling well

DATE	MORNING (Mood 1-5)	AFTERNOON (Mood 1-5)	EVENING (Mood 1-5)	SLEEP (Hours)	ENERGY (1-5)	ANXIETY (1-5)	TRIGGERS / CHALLENGES What affected my mood?	POSITIVE MOMENTS What went well today?
1								
2								
3								
4								
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MONTHLY REFLECTION

- What were my most common moods?
- What triggers affected my mood most?
- What helped improve my mood?

THINGS I WANT TO REMEMBER

- I am strong.
- Feelings change.
- It's okay to ask for help.
- Small steps matter.
- I am not alone.

NEXT MONTH I WILL

- Focus on: _____
- Practice: _____
- Let go of: _____
- Be kind to myself by: _____

Some days are harder than others, and that's okay.
You are doing your best, and that is enough.

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DEPRESSION CYCLE WORKSHEET

Depression can create a cycle that affects how you think, feel, and act.
Understanding this cycle can help you identify patterns and make positive changes.

Date: _____

Name (optional): _____

My Goal: _____

Small steps can break the cycle.

1. SITUATION / TRIGGER

What happened?

_____

_____

_____

2. THOUGHTS

What was I telling myself?

_____

_____

_____

3. EMOTIONS

What emotions did I experience?

_____

_____

4. BEHAVIORS

What did I do (or not do)?

_____

_____

5. OUTCOMES

What happened as a result?

_____

_____

_____

THE CYCLE

Negative thoughts can lead to painful feelings, which can lead to unhelpful behaviors. These behaviors can reinforce the depression and the cycle continues.

BREAKING THE CYCLE

What are some ways I can interrupt this cycle?

- _____
- _____
- _____
- _____
- _____

HEALTHIER CHOICES

What can I do instead?

Healthier thoughts I can use:

_____

_____

Helpful actions I can take:

_____

_____

Emotions I want to feel more often:

_____

_____

REFLECTION

What is one thing I can do today to take care of myself?

_____

_____

I am not my depression. I can break the cycle.
Small steps lead to meaningful change.

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SELF WORTH JOURNAL

Your worth is not defined by your past, your mistakes, or what others think about you.
You are valuable simply because you are you.

Today's Date: _____

Name (optional): _____

My Intention for Today: _____

I choose to see my worth and honor myself.

1. WHAT I APPRECIATE ABOUT MYSELF

List at least 5 things you appreciate about who you are.

1. _____
2. _____
3. _____
4. _____
5. _____

2. MY STRENGTHS

What are 3 strengths or qualities that make you unique?

1. _____
2. _____
3. _____

How have these strengths helped you in life?

_____

_____

3. TIMES I FELT PROUD OF MYSELF

Write about a time (or times) you felt proud of yourself.

_____

_____

_____

_____

4. THINGS I DESERVE

What are some things you deserve in life? (Examples: respect, love, rest, happiness, peace, success)

- _____
- _____
- _____
- _____
- _____

5. CHALLENGING NEGATIVE BELIEFS

What is one negative belief you have about yourself?

Is this 100% true? ☐ Yes ☐ No

What is a more loving and truthful belief?

_____

_____

6. HOW I WILL CARE FOR MYSELF TODAY

List 3 ways you will show yourself love and kindness today.

1. _____
2. _____
3. _____

7. TODAY'S REFLECTION

How do I feel after taking time to focus on my self worth?

_____

_____

I am enough. I am worthy. I am valuable.
My worth is not up for debate.

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POSITIVE AFFIRMATIONS

Words that heal, empower, and transform.

Affirmations are positive statements that can help challenge negative thoughts, build self-esteem, and create a more positive mindset. The more you practice, the more you believe.

WHAT ARE AFFIRMATIONS?

Affirmations are kind, empowering statements you say to yourself on purpose.
They help reprogram your mind, build confidence, and support your mental and emotional well-being.

BENEFITS OF AFFIRMATIONS

- Reduce stress and anxiety
- Increase self-esteem and confidence
- Improve mood and outlook
- Strengthen resilience
- Encourage self-compassion
- Support goal achievement
- Promote overall well-being

EXAMPLES OF POSITIVE AFFIRMATIONS

Use these as inspiration or create your own!

- I am worthy of love and respect.
- I am enough just as I am.
- I choose progress, not perfection.
- I am in control of how I respond.
- I am becoming the best version of myself.
- I am strong, resilient, and capable.
- I choose to focus on the good.
- I deserve happiness and peace.
- I trust the process of my life.
- I am growing and healing every day.
- I have the power to create change.
- I believe in myself and my abilities.
- I let go of what no longer serves me.
- I am surrounded by love and support.
- I choose to be kind to myself.
- I am allowed to take up space.
- I attract positive energy and opportunities.

CREATE YOUR OWN AFFIRMATIONS

Write affirmations that feel meaningful and personal to you right now.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

DAILY PRACTICE IDEAS

- Say them out loud every morning
- Write them in a journal
- Place sticky notes around your space
- Repeat them during deep breathing
- Use them as phone reminders
- Speak them before bed
- Create a vision board

TODAY I CHOOSE TO...

- ☐ Be kind to myself
- ☐ Focus on the positive
- ☐ Trust my journey
- ☐ Let go of what I can't control
- ☐ Celebrate small wins
- ☐ Believe in my future

REFLECTION

Which affirmation spoke to me today?

_____

How did I feel after saying it?

_____

How can I remind myself of this affirmation tomorrow?

_____

_____

You are worthy. You are capable. You are enough. You are loved.
Keep choosing you.

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