



Therapy Unit 9: Depression and Thinking

Worksheet 9.4. Information about Therapy Unit 9

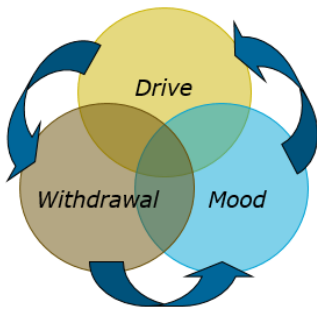
Many people with psychosis also have depression. However, a depression is not an inevitable fate!

Mood and depressive thinking styles (e.g. should-statements, catastrophic thinking, rumination and self-reproaches) can be changed!

Rumination and trying to suppress thoughts do not help to solve problems, but instead tend to increase the thoughts.

Be aware of the discussed thinking styles and try to alter them.

Try to break the vicious circle and increase you activity step by step. More activity leads to an improved mood and vice versa.



What aspects of the therapy unit do I find particularly useful/helpful?

When and in what specific situation do I want to apply/practice what I learned?

What remained unclear? What do I want to ask in the next session?