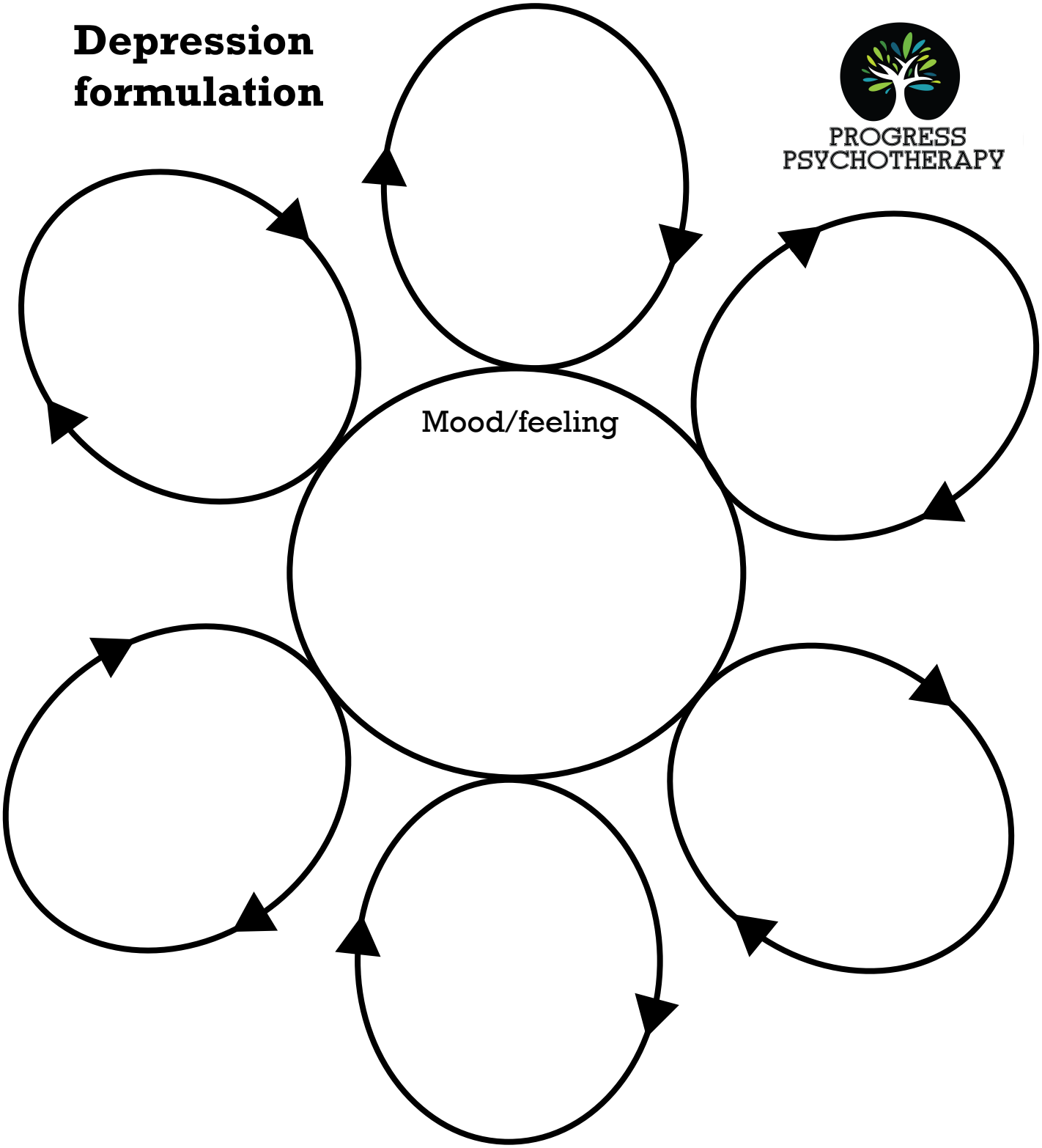
Depression formulation

PROGRESS PSYCHOTHERAPY



Loss of meaningful activity and the things that make us who we are in response to feeling low creates the vicious cycle of depression. Write your overall mood or feeling in the middle and see how avoidance worsens these by putting things you have lost or stopped doing since you felt that way in the petals. By restoring what matters to us (activity, values, etc.). we stop the cycles and break free from depression.

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