

DEPRESSIVE SYMPTOMS WORKSHEET



Depressive symptoms can be grouped into 3 possible categories. Some symptoms are of the physiological type, which are those that have something to do with physical sensations or your physical body, for example: insomnia, poor appetite, or low energy levels. Some symptoms are of the cognitive (thoughts) and affective (emotions) type, such as: thoughts of suicide, hopelessness, feeling sad and crying. The third category of symptoms is related to how you act and behave, for example: staying in bed, not going out, avoiding people.

What do **YOU** experience, when you are depressed?

PHYSIOLOGICAL	COGNITIVE/ AFFECTIVE	BEHAVIOURAL
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