



Therapy Unit 9: Depression and Thinking

Worksheet 9.1a Thinking styles that may promote depression – personal examples:

Thinking style	Event	Adverse (depressive) evaluation	Positive/constructive evaluation
Exaggerated generalization	(Example: You can't think of a particular word during a discussion)	(Example: "I am so stupid!")	(Example: "These things can happen in the heat of the moment. Other people experience this too.")
Selective perception ("fly in the ointment")	(Example: I hosted a party and one of my best friends didn't come.)	(Example: "The party was a big flop.")	(Example: "Although it was a pity that he wasn't there, on the other hand some people that I thought wouldn't come did.")
Should-statements	(Example: I am expecting visitors)	(Example: "One should always keep one's apartment clean and tidy. Everything should go according to plan.")	(Example: "Clearly, this seems desirable but is not always possible. Besides, an all too tidy home can easily seem cold and sterile. Plans sometimes do not work out. Little mishaps are just human and sometimes spice up an event.")