



## Therapy Unit 9: Depression and Thinking

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

Thinking style	Event	Adverse (depressive) evaluation	Positive/constructive evaluation
Catastrophic thinking	(Example: My partner doesn't take notice of my new hairstyle.)	(Example: "My partner doesn't find me attractive anymore and will break up with me.")	(Example: "My partner could be far away with his thoughts. In the past he didn't notice such changes either, it doesn't mean anything.")
Denial of positive feedback but uncritical acceptance of negative feedback	(Example: Someone tells me that I look good.)	(Example: "The person is dishonest and only trying to flatter me."; "Well, it was dark...")	(Example: "How nice that my looks appeal to others!"; "What a nice compliment!")
Suppression of negative thoughts	(Example: The thought "It's my fault" comes to mind constantly.)	(Example: "I mustn't think this all the time. I have to restrain the thought.")	(Example: "What exactly is my fault? Is my evaluation of fault accurate?" Suppression of thoughts often leads to an increase in those thoughts.)