



Community Agreements

Push yourself to participate

Focus on your own experience

Share headlines, not details

Step forward, step back

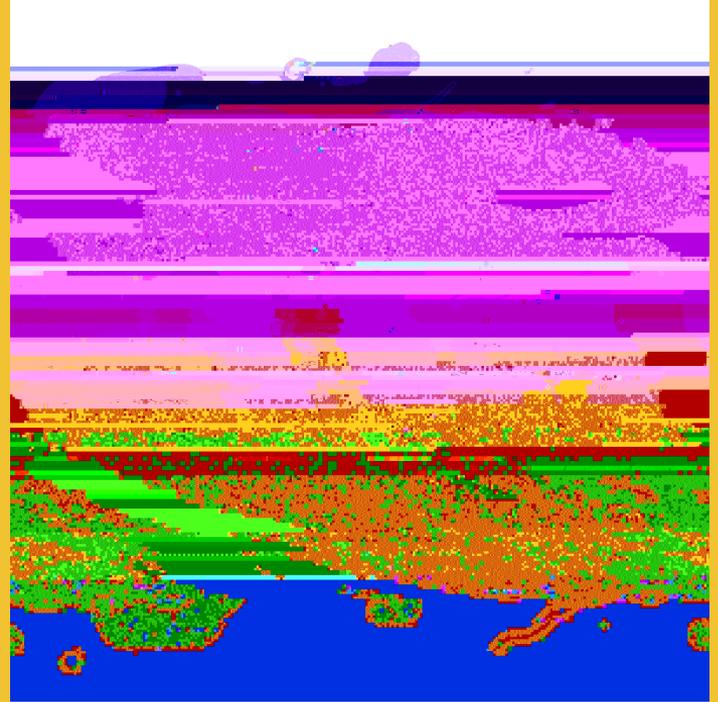
Ask others before giving them feedback

Assume positive intent from others

Take responsibility for your needs

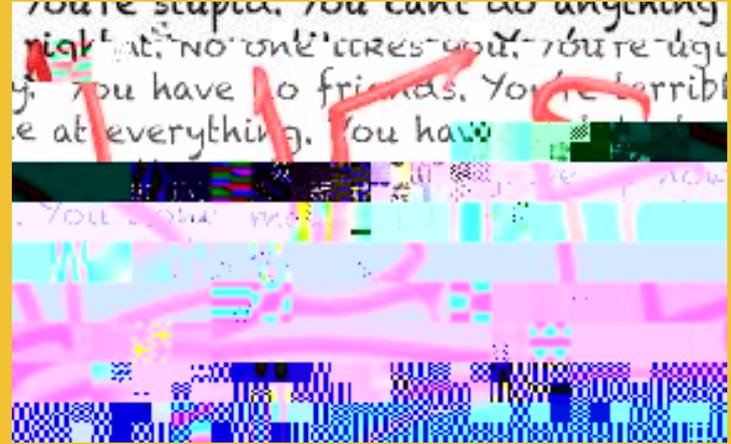
Agenda for today's group

Lies depression tells us
Rewriting the story



Lies Depression Tells Us

1. We don't really have depression
2. There is no hope
3. We don't deserve help and support
4. We are a burden
5. There's no point asking for help
6. We are the worst
7. We don't deserve nice things
8. We're not good enough
9. Nobody really cares about us
10. Everything is our fault



Which of these lies has your depression told you?

How does it feel to see them as lies, instead of accepting them as true?

Listen to the Hilarious World of Depression podcast for more on this.

Rewriting the Story

What are you that is more than your depression? Think about the relationships, goals, and accomplishments that set yourself apart from the lies depression tells you.

Are there any ways your depression has tried to help or protect you?

Are there times the depression tried to trick you and you didn't fall for it?

Are there ways you could remind yourself to catch the depression when it tries to trick you?

Imagine yourself talking back to depression when it is telling you those lies. What would you say? How would depression respond?



Additional Resources

CBT apps: CBT Thought Diary, MindDoc: Your Companion, What's Up, MoodTools

Take care!

