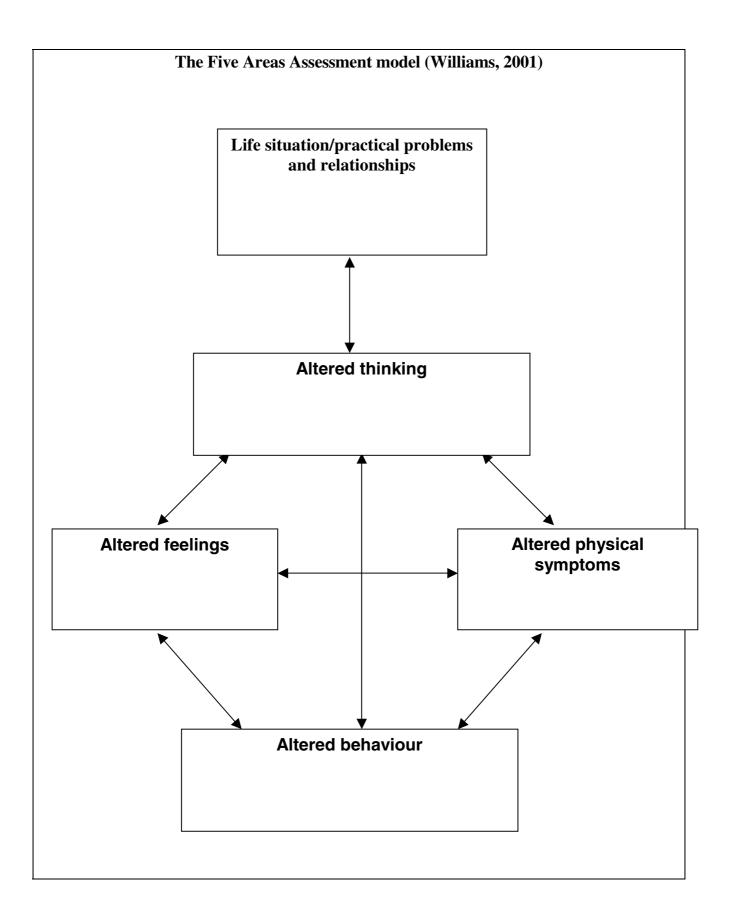


Useful resources using the Five Areas Assessment model

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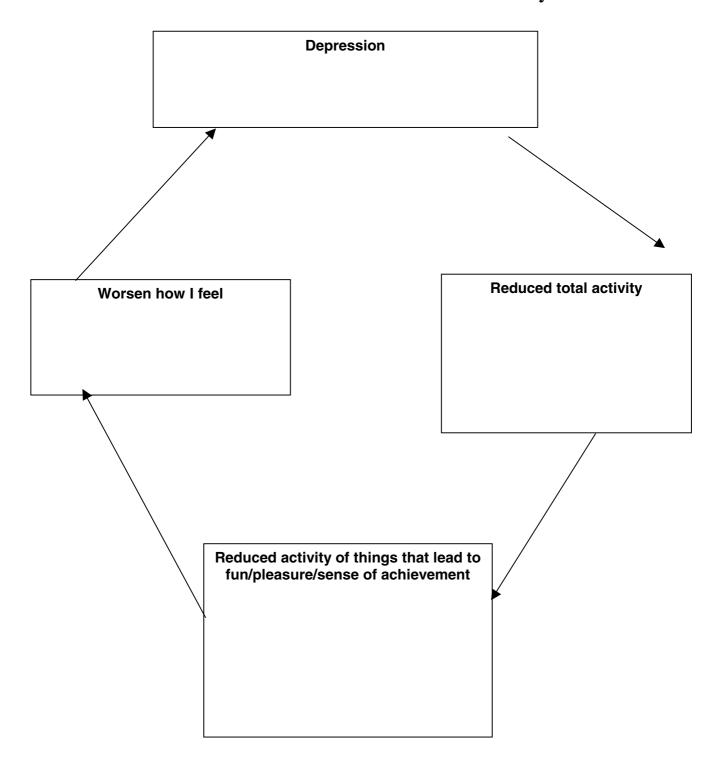
These handouts build upon the book *Overcoming Depression: A Five Areas Approach* by Chris Williams, Arnold Publishers 2001 (revised edition printed 2002). ISBN 0-340-76383-3.



Summary of the unhelpful thinking styles

Unhelpful thinking style	Typical thoughts	Tick here if you
		have this
		thinking style
Bias against myself.	I overlook my strengths.	
	I focus on my weaknesses.	
	I downplay my achievements.	
	I am my own worst critic.	
2. Putting a negative slant on	I see things through dark tinted glasses.	
things	I tend to focus on the negative in	
(Negative mental filter).	situations.	
3. Having a gloomy view of the	I make negative predictions about the	
future.	future.	
(Make negative predictions/	I predict that things will go wrong.	
Jump to the worst conclusion -		
catastrophising).		
4. Negative view about how	I mind-read what others think of me.	
others see me	I often think that others don't like me.	
(Mind-reading).		
5. Bearing all responsibility.	I feel responsible for whether everyone	
	else has a good time.	
	I take the blame if things go wrong.	
	I take unfair responsibility for things that	
	are not my fault.	
6. Making extreme	I use the words "always", "never" and	
statements/rules.	"typical" a lot to summarise things.	
	I make "must", "should", "ought" or "got	
	to" statements to myself.	

The vicious circle of reduced activity



Checklist: Identifying the vicious circle of reduced activity.

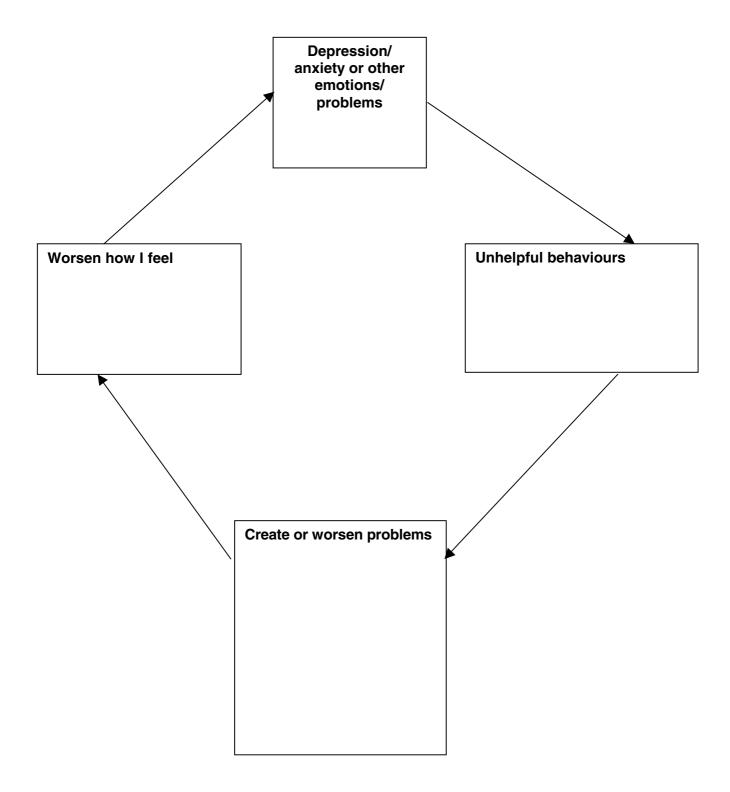
Reduced or stopped activity or	Tick here if you have noticed this
behaviour	
Going out/socialising	
Poor or reduced self-care (e.g. washing	
less, paying less attention to your	
appearance, leaving clothes on for longer,	
not shaving or combing your hair)	
Neglect food – eating less or tending to	
eat more "junk" food, or food that takes	
little preparation	
Stop/reduce doing hobbies/interests such	
as reading or other things you previously	
enjoyed or did to relax.	
Are you "letting things go" around the	
house	
Have you stopped answering the phone	
or the door when people visit?	
Do you find that you are not opening or	
replying to letters/bills	
Do you find that you are less interested in	
sex and are pushing your partner away	
physically?	
Other (write in)	
Overall, are you reducing or stopping doin	g things? Yes No
Has this reduced your sense of pleasure/ac	hievement in things? Yes No

Has this worsened how you feel?

Yes

No

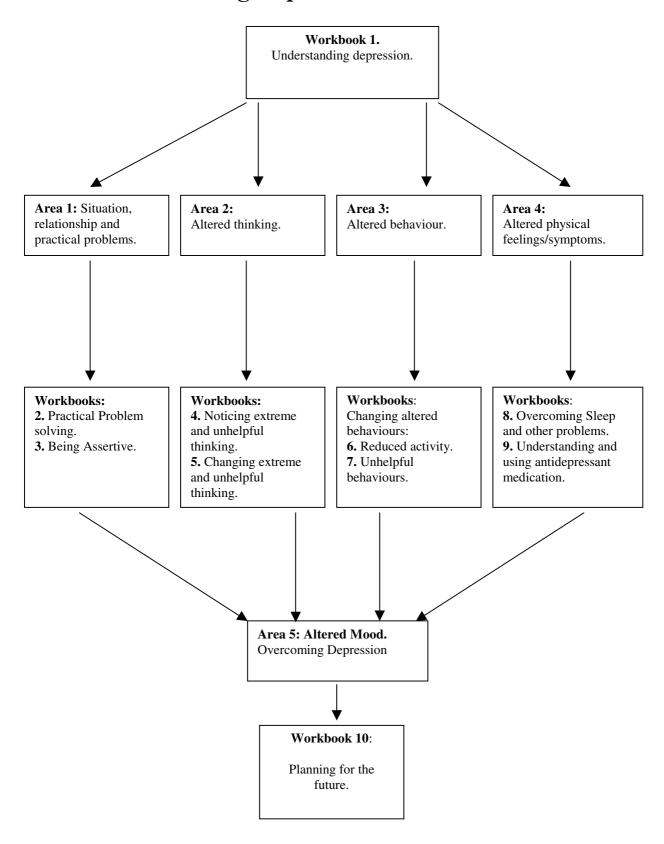
The vicious circle of unhelpful behaviour



Checklist: Identifying the vicious circle of unhelpful behaviour. Activity or behaviour Tick here if you have notice

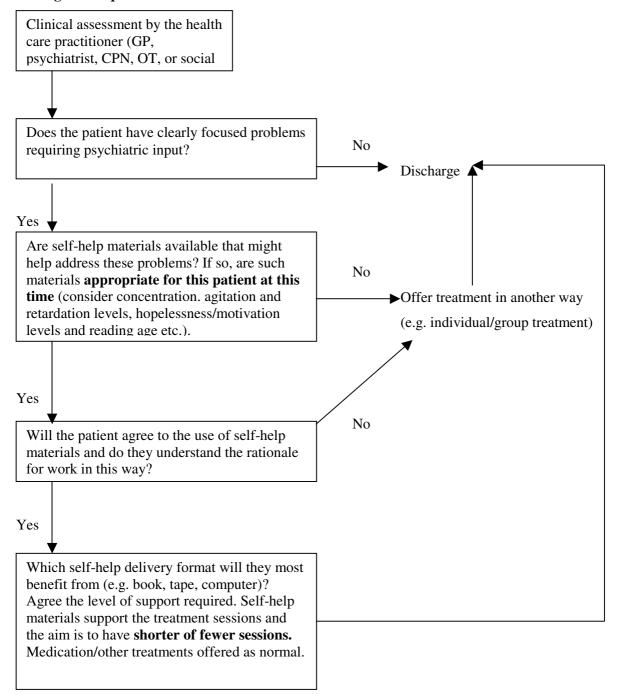
Activity or benaviour	Tick nere if you have noticed	i this
Abusing drink/drugs		
Deliberately harming myself in some		
way		
Taking part in risk-taking actions for		
example crossing the road without		
looking, or beginning to gamble using		
money I don't really have.		
Sleeping in as an active choice to avoid		
doing things or meeting people.		
Becoming very demanding or		
excessively seeking reassurance from		
others/seeking attention		
Trying to spend my way out of		
depression by going shopping ("retail		
therapy").		
Eating too much to block how I feel		
("comfort eating"), or over-eating so		
much that this becomes a "binge".		
Becoming very promiscuous – sleeping		
with a number of people as a means of		
blocking how I feel emotionally.		
Other: (write in)		
Q. Am I doing certain activities or behavio	ours that are designed to improv	e how I
feel?	Yes	No
Q. Are some of these activities unhelpful i	n the short or longer-term?	
	Yes	No
Q. Overall has this worsened how I feel?	Yes	No
Z. S. STAIL HAD MID WOLDSHOU HOW I TOUT.	100	1,0

Overcoming Depression Course Overview.



Full course *Overcoming Depression: A Five Areas Approach* (2001). Arnold publishers Williams, C. ISBN 0-340-76383-3

Using self-help materials.



Example of Muriel completing her Thought Investigation Worksheet: Identifying extreme and unhelpful thinking.

1. Situation/ relationship	2. Altered emotional and physical	3. What immediate thoughts are	4. What unhelpful thinking style (s)	5. Impact of the immediate
or practical problem when	feelings	present at the time?	occur?	thought (s)
your mood unhelpfully				
altered.	A T	Wilest in a sing thousand are as in 49	1 Disconsingtones of	a What did I do differentles?
Think in detail: Where am I, what am I	Am I Low or sad? Guilty?	What is going through my mind? How do I see:	 Bias against myself. Putting a negative slant on things 	a. What did I do differently? Consider any:
	•			•
doing? Consider: The time: What time of day	Worried, tense, anxious or panicky? Angry or irritable?	Myself, How others see me? The current events/situation.	(Negative mental filter). 3. Having a gloomy view of the	Reduced activity. Unhelpful behaviours.
is it?	Ashamed?	What might happen in the future?	future/jumping to the worst conclusion?	Officerprui benaviours.
The place: Where am I?	Ashanied:	My own body, behaviour or	4 Negative view about how others see me	b. What was the impact on:
The people: Who is present.	a. State the feelings clearly. Try to	performance?	(Mind-reading).	Myself
Who am I with?	be as precise as possible.	? Any memories or images.	5. Bearing all responsibility.	My view of others?
The events: What has been	If more than one feeling occurs,	: Any memories of images.	6. Making extreme statements/rules e.g.	How I felt?
said/What events	underline the most powerful	a. State the thought (s) clearly. Try	using must, should, ought, always, and never	What I said?
happened?	feeling.	to be as precise as possible.	statements.	What I did?
парреней.	b. How powerful is this feeling? (0-	If more than one thought occurs,	statements.	Overall, was the impact helpful or
	100%)	underline the most powerful	If any of the styles are present, you have	unhelpful?
	c. Note down any strong physical	thought.	identified an extreme thought	umerprur.
	sensations you notice.	b. Rate how strongly you believe	identified all extreme thought	If there is an unhelpful impact,
	sensations you notice.	the most powerful thought at the		you have identified an unhelpful
		time (0-100%)		thought
Situation:	a. My feelings:	My immediate thought:	Which thinking styles are present?	a. What did I do differently?
	g.:	a. State the thought (s)	(please state numbers or types)	I acted quite flustered
10am at home. My sister	de 6 6 6	_ ` ` `		Savoided eye contact.
	I fest sow and sad.	clearly.	No (s): 1, 3, 4, 6	_
came by unexpectedly	<u>I felt ashamed.</u>	Oh no, I always look awful.	110 (8). 1, 3, 4, 6	Imade an excuse after ten minutes and
		She'll think I'm not coping.		told her I had to go to a doctors
	b. Powerfulness:	If you have noticed more than		appointment.
	0-100%= 80%	one thought, <u>Underline</u> the		b. Overall, is it helpful or
	0-10070- 86%	I — — — — — — — — — — — — — — — — — — —		unhelpful for me to believe the
		most powerful thought		thought?
	c. Physical sensations:	b. Rate your belief in the		Helpful €
	I blushed and felt hot	most powerful thought at the		Ticipiui C
		time.		Unhelpful 🗸
		0% 100%		*
		IXI		

Thought Investigation Worksheet (Side 1): Identifying extreme and unhelpful thinking.

1. Situation/ relationship or practical problem when your mood unhelpfully altered.	2. Altered emotional and physical feelings	3. What immediate thoughts are present at the time?	4. What unhelpful thinking style (s) occur?	5. Impact of the immediate thought (s)
Think in detail: Where am I, what am I doing? Consider: The time: What time of day is it? The place: Where am I? The people: Who is present. Who am I with? The events: What has been said/What events happened?	Am I Low or sad? Guilty? Worried, tense, anxious or panicky? Angry or irritable? Ashamed? a. State the feelings clearly. Try to be as precise as possible. If more than one feeling occurs, underline the most powerful feeling. b. How powerful is this feeling? (0-100%) c. Note down any strong physical sensations you notice.	What is going through my mind? How do I see: Myself, How others see me? The current events/situation. What might happen in the future? My own body, behaviour or performance? Pany memories or images. A. State the thought (s) clearly. Try to be as precise as possible. If more than one thought occurs, underline the most powerful thought. B. Rate how strongly you believe the most powerful thought at the time (0-100%)	1. Bias against myself. 2. Putting a negative slant on things (Negative mental filter). 3. Having a gloomy view of the future/jumping to the worst conclusion. 4 Negative view about how others see me (Mind-reading). 5. Bearing all responsibility. 6. Making extreme statements/rules e.g. using must, should, ought, always, and never statements. If any of the styles are present, you have identified an extreme thought	 a. What did I do differently? Consider any: Reduced activity. Unhelpful behaviours. b. What was the impact on: Myself My view of others? How I felt? What I said? What I did? Overall, was the impact helpful or unhelpful? If there is an unhelpful impact, you have identified an unhelpful thought
Situation:	a. My feelings: b. Powerfulness: 0-100%=	 My immediate thought (s): a. State the thought (s) clearly. If you have noticed more than one thought, <u>Underline</u> the most powerful thought b. Rate your belief in the most powerful thought at the time. 	Which thinking styles are present? (please state numbers or types) No (s):	 a. What did I do differently? b. Overall, is it helpful or unhelpful for me to believe the thought? Helpful €
	c. Physical sensations:	0% 100% 		Unhelpful €

Thought Challenge Worksheet (Side 2): Choose one thought to challenge at a time.

6. Reasons supporting the immediate thought	7. Evidence against the immediate thought.	8. Come to a Balanced Conclusion.	9. My plan for putting the Balanced Conclusion into practice.
List all the reasons why I believed the immediate thought at the time.	□ Is there anything to make me think the thought is incorrect? □ Are there any other ways of explaining the situation that are more accurate? □ If I wasn't feeling like this, what would I say? □ Would I tell a friend who believed the same thought that they were wrong? What would other people say? □ Have I heard different opinions from others about the thought?	Use the answers from Columns 6 and 7 to try to come up with a balanced and helpful conclusion. Look for a <i>balanced conclusion</i> that you can believe. This should be based on all the information you have available to you and bear in mind the reasons for and against believing the immediate thought.	How can I change what I do to reinforce my balanced conclusion? How can I undermine my original extreme and unhelpful thought by acting against it?
My evidence supporting the immediate thought: (write in)	My evidence against the immediate thought: (write in)	My balanced conclusion: (write in) a). Rating of my belief in the balanced	My plan to put the balanced conclusion into practice. (write in)
		b). Re-rate my belief in the immediate thought 0% 100% 1	