Vicious Cycle of Depression (unemployment)

What I am thinking
I am never going to get a job. I am useless. There's no hope. I am going to lose my house.

What I am feeling
Hopeless, down, upset, low self-esteem.

What I am doing
- Start to withdraw from family.
- Stop seeing friends.
- Stop doing usual activities like football.
- Drink and smoke more.
- Eat more junk food and takeaways.
- Stay in bed longer.

These behaviours make us feel more hopeless and affect our self-confidence → depression continues.

Thoughts are more negative - stop applying for jobs.

How we behave reinforces thoughts and feelings → so the cycle continues.

How my body reacts
Keep waking in the night, lack of energy, headaches, poor concentration.