Vicious Cycle of Depression

What I am thinking

What I am doing
Feelings create behaviours →
Negative feelings could make us want to:
• Stop doing usual activities.
• Withdraw from other people.
• Stop taking care of self and looking after home.
• Spend more.
• Drink and smoke more or take drugs.

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

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

What I am feeling
Thoughts create feelings →
Low, upset, down, guilty, hopeless, angry.

How my body reacts
Thoughts and feelings trigger a physical response →
Poor sleep and appetite (or eat more), lack of energy, headaches, poor concentration, problems with memory.