

Depressive Symptoms Worksheet

Depressive symptoms can be grouped into 4 possible categories. Some symptoms are of the physiological type, which are those that have something to do with physical sensations or your physical body, for example: insomnia, poor appetite, or low energy levels. Some symptoms are of the cognitive (thoughts) type such as: thoughts of suicide or ideas about ourselves or the world—i.e. the things we say to ourselves; or the affective (emotions) type, such as feeling sad and hopeless. The last category of symptoms is related to how you act and behave, for example: staying in bed, not going out, avoiding people.

What do **YOU** experience, when you are depressed?

Physiological	COGNITIVE	AFFECTIVE	BEHAVIOURAL