

# Fundamental Goals Cont...

## ► Depression

### • Knowledge

- Learn about the mental and physical causes of depression
- List your triggers for depression
- Of those triggers, identify which ones you can control and which ones you cannot.
- Identify those things that make you feel less depressed
- Identify exceptions. "What is different when you are not depressed"

### • Skills

- Develop a plan for increasing the exceptions and things that make you feel less depressed
- Use behavioral and cognitive behavioral strategies to address those things you cannot control

### • Abilities

- Discuss how effective your plan is, things that need to be altered in your plan
- Discuss the different strategies you use to address those things you cannot control and how effective they are.

# Measurable Depression Goals

**L Darling-Hammond**



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