

# 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

**Mark Steyvers**



## **Measurable Depression Goals:**

## The Enigmatic Realm of **Measurable Depression Goals**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Measurable Depression Goals** a literary masterpiece penned by way of a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of those that partake in its reading experience.

<https://www.splashdogs.com/files/detail/fetch.php/Mettler%20Toledo%20Floor%20Scale%20Operation%20Manual.pdf>

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