

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

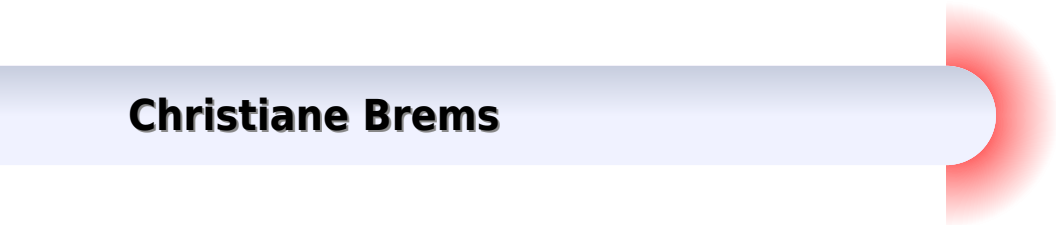
- Develop a plan for increasing the exceptions and things that make you feel less depressed
- Use behavioral and cognitive behavioral strategies to address those things you cannot control

• 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

Christiane Brems



Measurable Depression Goals:

Measurable Depression Goals Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has are more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Measurable Depression Goals**," published by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we shall delve to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

<https://www.splashdogs.com/files/detail/HomePages/Matilda%20Study%20Guide%20Penguin.pdf>

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