



DEPRESSION-ANXIETY JOURNAL

STEP ONE: ADMIT:

What was the situation? Summarize the “who, what, before-after, and where” of your depression-anxiety.

How did I react? Summarize the content of your thoughts and the choices you made.

STEPS TWO & FIVE: ACKNOWLEDGE & CONFESS:

What are the consequences? Who was affected (directly or by changed expectations) by your emotions?

What forms of thinking under-girded your depression-anxiety? Circle all that apply

Being Idealistic
Catastrophizing
Passivity

Impossibly High Goals
Either-Or, Black-White Thinking
Equating Worth with Performance

Over-Personalizing
Selective Attention
Comparative Thinking

Emotional Reasoning
Superstitious Thinking
Self-Pity / Entitlement

STEP THREE UNDERSTAND:

What are my motives? Circle or write in your motive/trigger.

“I want...”
... control / autonomy
... acceptance
... pleasure
... ease / comfort
... immediacy
... select justice on demand

“I trust...”
... in perfectionism as moral Teflon
... in redemption through overcoming

Other:

“I believe...”
... in myself
... in others
... in possessions

STEP FOUR REPENT:

How would God have me run to him in this experience? What do repentance and faith look like *now*?

STEPS SIX & SEVEN: RESTRUCTURE LIFE & IMPLEMENT:

How did I leave myself susceptible to this struggle? What change is needed to prevent this?

What strategies to managing my depression-anxiety would be most effective in this situation?

Are aspects of this struggle do I need to share with a friend, pastor, or counselor?