### Page 1.1: MOOD DIARY

Use the mood rating scale below. Enter your daily mood in the boxes above. Circle and connect the appropriate numbers to see how your mood is changing over time.

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Use the mood rating scale below. Enter your daily mood in the boxes above. Circle and connect the appropriate numbers to see how your mood is changing over time.

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<tr>
<th>Very Sad</th>
<th>Normal Mood</th>
<th>Very Happy</th>
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Sad Example: ____________________________________  Happy Example: ____________________________________
Use the mood rating scale below. Enter your daily mood in the boxes above. Circle and connect the appropriate numbers to see how your mood is changing over time.

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Sad Example: ____________________________  Happy Example: ____________________________
Homework Assignment: Session 1

Your assignment for this session is to do the following:

1. Keep track of how you feel by filling out your Mood Diary (page 1.1).
Questions for Interviewing Your Partner:

1. Where are you from?

2. What are your hobbies?

3. What do you do well?

4. Who are the important people in your life? Parents, sisters, brothers, friends, pets?

5. What kind of music do you like?
GUIDELINES FOR THIS CLASS

The following are some rules that we'd like everyone to follow in this course so we can help each other:

1. **FOCUS ON POSITIVE**. Use the group for support, but focus on positive changes you want to make. Try not to use the group as a place to complain about how many bad things may be going on.

2. **ALLOW EACH PERSON TO HAVE EQUAL TIME**. Each of you should have an equal opportunity to share ideas, ask questions, and discuss any difficulties you have in using the techniques.

3. **THE PERSONAL THINGS WE TALK ABOUT IN CLASS SHOULD NOT BE SHARED OUTSIDE THIS GROUP**.
   a. Any information discussed in your interviews will remain confidential and will not be shared with the group.
   b. Everyone is expected to honor the confidentiality rule by not discussing personal material from their group sessions with people who aren't part of the group. Of course, there is always the possibility that someone will break this rule; if any of you have concerns about confidentiality, please talk to THE group leader about it.

4. Running the group smoothly:
   a. Friends cannot attend group.
   b. Arrive no earlier than 30 minutes before group begins.
   c. Arrange to be picked up soon after the group ends.

5. Other rules? If everyone agrees on other proposed rules, write them here:

______________________________
______________________________
______________________________
Homework Assignment: Session 2

Your assignment for this session is to do the following:

1. Keep track of how you feel by filling out your Mood Diary (page 1.1).

2. Please REMEMBER TO BRING YOUR WORKBOOK TO EVERY SESSION!
1. What is the first step in controlling your thoughts?

2. You should have at least ___ positive thoughts for every negative one.
EXAMPLES OF COMMON NEGATIVE THOUGHTS

Check All that Apply

___ I'm confused.
___ There is no love in the world.
___ I am wasting my life.
___ I'm scared.
___ Nobody loves me.
___ I'll end up living all alone.
___ People don't consider friendship important anymore.
___ I don't have any patience.
___ What's the use?
___ That was a dumb thing for me to do (or say).
___ I'll probably have to be placed in a mental institution some day.
___ Anybody who thinks I'm nice doesn't know the real me.
___ Life has no meaning.
___ I'm ugly.
___ I can't express my feelings.
___ I'll never find what I really want.
___ I'm not capable of loving anyone.
___ I am worthless.
___ It's all my fault.
___ Why do so many bad things happen to me?
___ I can't think of anything that would be fun.
___ I don't have what it takes to be successful.
___ I'll never get over this depression.
EXAMPLES OF COMMON NEGATIVE THOUGHTS (continued)

Check All that Apply

___ Things are so messed up that doing anything about them is useless.
___ I don't have enough willpower.
___ Why should I even bother getting up in the morning?
___ I wish I were dead.
___ I wonder if they are talking about me.
___ Things are just going to get worse and worse.
___ I have a bad temper.
___ No matter how hard I try, people aren't satisfied.
___ Life is unfair.
___ I'll never make *any* good friends.
___ I'm afraid to imagine what my life will be like in ten years.
___ There is something wrong with me.
___ I am selfish.
___ My memory is lousy.
___ I am not as good as ________________________.
___ I get my feelings hurt easily.
___ __________________________
___ __________________________
___ __________________________
___ __________________________
___ __________________________
___ __________________________
___ __________________________
EXAMPLES OF POSITIVE THOUGHTS

Check All that Apply

___ Life is interesting.
___ I really feel great.
___ I'm having fun.
___ I have great hopes for the future.
___ I think I can do a good job at this.
___ I have good self-control.
___ I have enough time to accomplish the things I want to do in life.
___ I like people.
___ People like me.
___ I have a good sense of humor.
___ There are some things that I'm very good at.
___ I'm pretty lucky.
___ I deserve to have good things happen.
___ I have some very good friends.
___ I can learn new skills to gain control of my mood.
___ I can find a solution to most of the problems that come up.
___ Other people think that I'm fun to be with.
___ I'm a good listener.
___ I'm OK the way I am.
___ Even if things don't always go my way, I'll live through it.
___ I have some skills (sports, reading, art, etc.) that I'm good at.
___ I'm doing all right.
___ Even if it's a rainy day, I can keep myself busy.
___ I often receive compliments for doing something well.
___ I know how to deal with problems.
___ I'm optimistic about overcoming depression.
I’m a nice person.
My friends care about me.
My family cares about me.
I’m attractive.
People can count on me because I’m reliable.
I’m a good friend.
I think my life will turn out OK.
I’m a generous person.
I make friends easily.
I care about people and the world.
I have a good memory.
I can learn to have control over my thoughts and actions.
I know how to make my friends laugh.
People value my opinion.
I’m as good as ___________________ (another person).
Even if things are bad, I know how to take care of myself.
Good things can happen, if you work at them.
THOUGHTS AND ACTIVATING EVENTS

5. Do you have more negative thoughts or positive thoughts?

Total number of positive thoughts = [_____] (page 3.4)
Total number of negative thoughts = [_____] (pages 3.2 and 3.3)
# NEGATIVE THOUGHTS BASELINE

**Starting Date:** _________________

<table>
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<tr>
<th>Day</th>
<th>NEGATIVE THOUGHT</th>
<th>ACTIVATING EVENT</th>
<th># of times I caught myself</th>
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### NEGATIVE THOUGHTS BASELINE

Starting Date: ________________

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Homework Assignment: Session 3

Your assignment for this session is to do the following:

1. Continue to fill out your Mood Diary on page 1.1.

2. Keep track of your negative thoughts, using pages 3.6 and 3.7.

   Write down your worst negative thought for the day. Try using the 3" x 5" card to take notes right after the thought occurs, then transfer the notes to page 3.6.
6. Circle the negative thought in the following cartoon.

What is the Activating Event? __________________________

(The Activating Event is what happens before the negative thought.)
IDENTIFYING ACTIVATING EVENTS

7. Circle the negative thought in the following cartoon.

What is the Activating Event? 

Garfield: © 1986, United Feature Syndicate, Inc. All rights reserved. Reprinted by permission of UFS, Inc.
Homework Assignment: Session 4

Your assignment for this session is to do the following:

1. Continue to keep track of negative thoughts, using pages 3.6 and 3.7.
   a. Write down your worst negative thought for the day and the event or situation that activated it. Try using the 3” x 5” card to take notes right after the thought occurs, then transfer the notes to page 3.6.

2. Continue to fill out your Mood Diary on page 1.1.

Success Activity

Let's do our homework for today.

1. Write down at least one of the worst negative thoughts you have had today on page 3.6. Describe the situation or event that made you think this way.

2. Fill out your Mood Diary for today.
1. Write down at least one positive statement about each person in the class.

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2. Write down all the positive things that others said about you.

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Homework Assignment: Session 5

1. Try to meet your main goal for this session, which is to catch yourself thinking negatively at least once each day and then substitute a positive one from your list on page 5.2. Use the tracking form at the bottom of page 5.3 (this page) to record negative thoughts and positive substitutions.

2. You also need to keep track of your negative thoughts on page 3.6 and 3.7.

3. Continue to fill out your Mood Diary on page 1.1.

Success Activity

Let's do our homework for today.

1. If you have already changed a negative thought to a positive substitute, check the appropriate box on the tracking form on this page.

2. Write down on page 3.6 the worst negative thought you have had today, and record the activating event for that thought.

3. Fill out your Mood Diary for today.
Which of the following are examples of personal statements? Check all that apply.

___  a. “I love you.”
___  b. “I hate you.”
___  c. “You are a beautiful person.”
___  d. “You have big feet.”
___  e. “We communicate well together.”
___  f. “I feel nervous when you look at me that way.”
___  g. “You make people feel good just by smiling at them.”
___  h. “School is boring.”
___  i. “My parents won't let me do anything.”
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<th>My Most Troublesome Negative Personal Thoughts</th>
<th>Positive Counterthoughts</th>
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COUNTER A NEGATIVE THOUGHT WITH A POSITIVE ONE

"Good news and bad news. The good news is he won’t be scratching your furniture anymore.”

Herman: © 1987, Universal Press Syndicate. All rights reserved. Reprinted by permission.
COUNTER A NEGATIVE THOUGHT WITH A POSITIVE ONE

Activating Event

Negative Thought

Depressed Feeling

Counterthought

New Feeling

Wizard of Id: © 1988 King Features Syndicate. All rights reserved. Reprinted by permission of Johnny Hart and NAS, Inc.
Write a more rational thought for each of the irrational thoughts below.

1. “All the important people in my life (especially my parents and/or my friends) must always approve of what I do.”

2. “I have to be popular or smart (the smartest) all the time in everything I do in order to feel like I'm worth something.”

3. “People (including me) who do even one thing that I disapprove of should feel guilty, and should be punished severely.”

4. “My unhappiness is someone else's fault. I can't help feeling the way I do.”

5. “It's terrible when things aren't the way I'd like them to be.”

6. “When something seems dangerous or something could go wrong, I must constantly worry about it.”

7. “I need to depend on someone or something stronger than I am.”

8. “There must be a perfect solution to human problems (including mine). I can't settle for less than the perfect solution.”
Homework Assignment: Session 6

1. Try to meet your main goal for this session, which is to catch yourself thinking negatively at least once each day and then change that thought to a positive one. Use the tracking form on page 6.2 to record negative thoughts and positive counterthoughts.

2. Continue to fill out your Mood Diary on page 1.1.

Success Activity

Let's do our homework for today.

1. If you have already changed a negative thought to a positive counterthought today, check the appropriate boxes on the tracking form on page 6.2.

2. Fill out your Mood Diary for today.
The Garfield cartoon below contains an example of common irrational beliefs involving **EXAGGERATIONS** (when one thing is wrong, everything is wrong). Write the irrational belief. For example, “My stomach is big, so I'm a totally disgusting person.”

![Garfield Cartoon](image)

**Activating Event**

**Beliefs**

**Consequences**

Depression, fear, other bad feelings

**Positive Counterthoughts**

**Good Feelings**

---

Garfield: © 1986, United Feature Syndicate, Inc. All rights reserved. Reprinted by permission of UFS, Inc.
The Cathy cartoon below contains an example of irrational beliefs involving **EXPECTATIONS** (I expect someone else to do something - it's just awful if they don't). Write the specific irrational belief.

---

### Activating Event

I CAN'T BELIEVE IT.

### Beliefs

How can he think like that? How can anyone think like that? How can the human brain even work like that??

**How does the male mind have the nerve to keep creating its own bizarre little version of the universe??**

How can he sit there and calmly explain that he's the normal one??

### Consequences

Depression, fear, other bad feelings

---

### Positive Counterthoughts

After all this time, he still fascinates me.

Good Feelings

---

*Cathy: © 1987, Universal Press Syndicate, Inc. All rights reserved. Reprinted by permission.*
NEGATIVE THOUGHTS CONTRACT

My goal for the next week is to change at least one of my negative thoughts to a positive counterthought every day. Every day that I do this I will reward myself with:

___________________________________________.

(smaller reward)

If I reach my goal five days out of seven during a given week, I will reward myself with:

___________________________________________.

(larger reward)

Signed _________________________________ Date __________________

To keep my contract, I must:
1. Catch myself thinking a negative thought.
2. Replace my negative thought with a positive counterthought.

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REWARD SELECTION WORKSHEET

A. PEOPLE
List two people with whom you would like to spend more time each week, but don't usually get a chance to.
1. 
2. 

B. PLACES
List two places where you would like to spend more time, but rarely get a chance to.
1. 
2. 

C. THINGS
List two things you don't own that you would really like to have. Make sure they are things you can afford (for example, a book, a record, clothes, etc.).
1. 
2. 

List your four favorite foods and drinks. You may also want to include items that you haven't tried very often.
1. 
2. 
3. 
4. 

D. ACTIVITIES
List two activities you would like to do more often.
1. 
2. 

E. REWARDS
Now select three rewards from your lists above that are the most powerful for you.
1. 
2. 
3. 
Homework Assignment:  Session 7

1. Try to meet your main goal for this session, which is to catch yourself thinking negatively at least once each day and then change that thought to a positive one. Use the tracking form at the bottom of page 7.3 to record negative thoughts and positive counterthoughts. Give yourself the reward described in your contract when you are successful in changing a negative thought to a positive one.

2. Continue to fill out your Mood Diary on page 1.1.

Success Activity

Let's do our homework for today.

1. If you have already changed a negative thought to a positive counterthought today, check the appropriate boxes on the tracking form on page 7.3.

2. Fill out your Mood Diary for today.
The Cathy cartoon below contains an example of a common irrational belief. Write the irrational belief (the whole thought). Then write a positive counterthought.

**Activating Event**

**Cathy**

**Beliefs**

(whole belief)

**Consequences**

Cathy feels neglected

**Positive Counterthoughts**

**Good Feelings**
The Garfield cartoon below contains an example of an irrational belief involving *jumping to conclusions*. The conclusion here has to do with being popular and liked.

**Activating Event**  

**Beliefs**  

(whole belief)

**Consequences**  

Garfield feels ashamed, embarrassed

**Positive Counterthoughts**  

**Good Feelings**
The Spiderman cartoon below contains another example of an irrational belief involving *JUMPING TO CONCLUSIONS*. See if you can define the irrational belief and replace it with a more rational positive counterthought.

**THE AMAZING Spiderman**

Activating Event  

Beliefs  

(whole belief)  

Consequences  

Spiderman feels rejected  

Positive Counterthoughts  

Good Feelings

The Amazing Spiderman: TM & © 1986, Marvel Entertainment Group, Inc. All rights reserved. Reprinted by permission.
The Calvin & Hobbes cartoon below contains a **DISGUISED PERSONAL BELIEF**. See if you can identify it and replace it with a more rational positive counterthought.

![Calvin & Hobbes cartoon](image)

Calvin & Hobbes © 1985, Universal Press Syndicate, Inc. All rights reserved. Reprinted by permission.

**Activating Event**

**Beliefs**

(whole belief)

**Consequences**

Is this an irrational thought?

- No
- Yes

Positive Counterthoughts

Better Feelings
My own nonpersonal negative thought ________________________________

Activating Event

Beliefs (personal belief)

Consequences

Is this an irrational belief?

No

Yes

Positive Counterthoughts

Better Feelings
My own nonpersonal negative thought

Activating Event  Beliefs  Consequences

(personal belief)

Is this an irrational belief?

No  Yes

Positive Counterthoughts

Better Feelings
Homework Assignment: Session 8

1. Keep recording negative thoughts and positive counterthoughts on page 7.3. Remember to give yourself the larger reward listed in your contract if you make your goal five days out of seven.

2. Continue to fill out your Mood Diary (page 1.1).
The Spiderman cartoon below contains an example of an irrational belief. Analyze Spiderman's thinking using the C-A-B method.

THE AMAZING Spiderman

Activating Event  Beliefs  Consequences

(whole belief)

Is this an irrational thought?

No  Yes

Positive Counterthoughts

Better Feelings

The Amazing Spiderman: TM & © 1986, Marvel Entertainment Group, Inc. All rights reserved. Reprinted by permission.
Homework Assignment: Session 9

1. Try to meet your session goal, which is to analyze a personal situation by using the C-A-B method and filling out a thought diagram once each day (there are four copies of the thought diagram in your workbook on pages 9.3 through 9.6).

2. Keep recording negative thoughts and positive counterthoughts on your contract (page 7.3). Remember to give yourself the larger reward specified in your contract if you achieve your goal five days out of seven.

3. Continue to fill out your Mood Diary (page 1.1).

Are there any questions?

Success Activity

1. Fill out your Mood Diary for today.

2. If time permits, fill out page 9.3 with a personal C-A-B situation.
C-A-B Form

Activating Event → Beliefs → Consequences

(whole belief)

Is this an irrational thought?

No → Select a Course of Action

1. Avoid the Activating Event.
2. Don't respond to the Activating Event.
3. Change the Activating Event.
4. Cope with the Activating Event.
5. Change the way you respond to the Activating Event.

Yes → Positive Counterthoughts → Better Feelings
C-A-B Form

Activating Event → Beliefs (whole belief) → Consequences

Is this an irrational thought?

No → Select a Course of Action → Positive Counterthoughts
Yes → Better Feelings

Select a Course of Action

1. Avoid the Activating Event.
2. Don't respond to the Activating Event.
3. Change the Activating Event.
4. Cope with the Activating Event.
5. Change the way you respond to the Activating Event.

Positive Counterthoughts
C-A-B Form

Activating Event → Beliefs → Consequences

(whole belief)

Is this an irrational thought?

No → Select a Course of Action

1. Avoid the Activating Event.
2. Don't respond to the Activating Event.
3. Change the Activating Event.
4. Cope with the Activating Event.
5. Change the way you respond to the Activating Event.

Yes → Positive Counterthoughts → Better Feelings
C-A-B Form

Activating Event ➔ Beliefs ➔ Consequences

(whole belief)

Is this an irrational thought?

No ➔ Select a Course of Action

1. Avoid the Activating Event.
2. Don't respond to the Activating Event.
3. Change the Activating Event.
4. Cope with the Activating Event.
5. Change the way you respond to the Activating Event.

Yes ➔ Positive Counterthoughts

Better Feelings
Four ways of Dealing with Stressful Situations:

1. Don't respond to them.
2. Change the way we respond to them.
3. Avoid them.
4. Change them.

What course(s) of action would you suggest in the following situations?

EXAMPLE 1. You find that you have many put-down thoughts about yourself when you are around Joe, who is perfect; he's good looking, popular, and girls are always standing all around him.

Recommended course of action _____________________________________________
_______________________________________________________________________

EXAMPLE 2. You find that you often have put-down thoughts about yourself when you are alone. When you are busy, you don't seem to have many negative thoughts about yourself.

Recommended course of action _____________________________________________
_______________________________________________________________________

EXAMPLE 3. You feel anxious and upset every time you're around Christy. She always tells you that the clothes you're wearing are out of fashion, or makes suggestions for improving your appearance. She also thinks of herself as your best friend.

Recommended course of action _____________________________________________
_______________________________________________________________________

EXAMPLE 4. You're usually upset when your boyfriend or girlfriend spends time with (or gives attention to) other people.

Recommended course of action _____________________________________________
_______________________________________________________________________
Fill out the thought diagram for Peppermint Patty in the Peanuts cartoon below.

**PEANUTS**

**Charles Schulz**

Is this an irrational thought?

No  Yes

**Select a Course of Action**

1. Avoid the Activating Event.
2. Don't respond to the Activating Event.
3. Change the Activating Event.
4. Cope with the Activating Event.
5. Change the way you respond to the Activating Event.

Better Feelings
Fill out the thought diagram for the black-haired girl in the Peanuts cartoon below.

**PEANUTS**

![Peanuts comic strip](image)

**Charles Schulz**

Is this an irrational thought?

- **No**
- **Yes**

Select a Course of Action

1. **Avoid** the Activating Event.
2. **Don't respond** to the Activating Event.
3. **Change** the Activating Event.
4. **Cope** with the Activating Event.
5. **Change the way you respond** to the Activating Event.

Positive Counterthoughts

Better Feelings
1. Name five ways to deal with activating events.
   a. 
   b. 
   c. 
   d. 
   e. 

2. What do you think of the way the characters in the Shoe cartoon below deal with the activating events?

---

Shoe: © 1987, Tribune Media Services. All rights reserved. Reprinted by permission: Tribune Media Services.
Personal situation

Use the C-A-B method and fill out the thought diagram below to analyze your thinking about this situation.

**C-A-B Form**

<table>
<thead>
<tr>
<th>Activating Event</th>
<th>Beliefs (whole belief)</th>
<th>Consequences</th>
</tr>
</thead>
</table>

Is this an irrational thought?

- No
- Yes

**Select a Course of Action**

1. Avoid the Activating Event.
2. Don't respond to the Activating Event.
3. Change the Activating Event.
4. Cope with the Activating Event.
5. Change the way you respond to the Activating Event.

**Positive Counterthoughts**

Better Feelings
Homework Assignment: Session 10

1. Continue analyzing personal situations by using the C-A-B method and filling out a thought diagram once each day (there are four copies of the thought diagram in your workbook on pages 10.7 through 10.10).

2. Keep recording negative thoughts and positive counterthoughts on page 7.3. Remember to give yourself the larger reward specified in your contract if you achieve your goal five days out of seven.

3. Continue to fill out your Mood Diary (page 1.1).

Success Activity

1. Fill out your Mood Diary for today.
C-A-B Form

Activating Event → Beliefs → Consequences

Is this an irrational thought?

No → Select a Course of Action
Yes → Positive Counterthoughts

1. Avoid the Activating Event.
2. Don't respond to the Activating Event.
3. Change the Activating Event.
4. Cope with the Activating Event.
5. Change the way you respond to the Activating Event.

Better Feelings
C-A-B Form

Activating Event → Beliefs → Consequences

(whole belief)

Is this an irrational thought?

No → Select a Course of Action

1. Avoid the Activating Event.
2. Don't respond to the Activating Event.
3. Change the Activating Event.
4. Cope with the Activating Event.
5. Change the way you respond to the Activating Event.

Yes → Positive Counterthoughts

Better Feelings
C-A-B Form

Activating Event → Beliefs → Consequences

(whole belief)

Is this an irrational thought?

No → Select a Course of Action

1. Avoid the Activating Event.
2. Don't respond to the Activating Event.
3. Change the Activating Event.
4. Cope with the Activating Event.
5. Change the way you respond to the Activating Event.

Yes → Positive Counterthoughts

Better Feelings
C-A-B Form

Activating Event → Beliefs (whole belief) → Consequences

Is this an irrational thought?

No → Select a Course of Action
Yes → Positive Counterthoughts

1. Avoid the Activating Event.
2. Don't respond to the Activating Event.
3. Change the Activating Event.
4. Cope with the Activating Event.
5. Change the way you respond to the Activating Event.

Better Feelings
Use the C-A-B method to analyze one of Garfield's feeling reactions in the cartoon below.

Activating Event

Beliefs (whole belief)

Consequences Happy, making fun of Odie

Garfield: © 1987, United Feature Syndicate, Inc. All rights reserved. Reprinted by permission of UFS, Inc.
Use the C-A-B method to analyze Garfield's other feeling reaction in the cartoon below.

**ACTIVATING EVENT**

**BELIEFS** (whole belief)

**CONSEQUENCES**

Embarrassed, humiliated
Homework Assignment: Session 11

1. Fill out a C-A-B form when you catch yourself thinking a negative thought or when you start feeling depressed (pages 11.5 through 11.8). Try to do this at least once a day.

2. Continue to fill out your Mood Diary (page 1.1).

Success Activity

1. Fill out your Mood Diary for today.

2. If you can remember having a negative thought or feeling depressed earlier today, fill out a C-A-B form.
C-A-B Form

**Activating Event** ➔ **Beliefs** ➔ **Consequences**

Is this an irrational thought?

| No | Yes |

Select a Course of Action

1. **Avoid** the Activating Event.
2. **Don't respond** to the Activating Event.
3. **Change** the Activating Event.
4. **Cope** with the Activating Event.
5. **Change the way you respond** to the Activating Event.

**Positive Counterthoughts**

**Better Feelings**
C-A-B Form

Activating Event → Beliefs → Consequences

(whole belief)

Is this an irrational thought?

No → Select a Course of Action
Yes → Positive Counterthoughts

1. Avoid the Activating Event.
2. Don't respond to the Activating Event.
3. Change the Activating Event.
4. Cope with the Activating Event.
5. Change the way you respond to the Activating Event.

Better Feelings
C-A-B Form

Activating Event → Beliefs → Consequences

(whole belief)

Is this an irrational thought?

No → Select a Course of Action

1. Avoid the Activating Event.
2. Don't respond to the Activating Event.
3. Change the Activating Event.
4. Cope with the Activating Event.
5. Change the way you respond to the Activating Event.

Yes → Positive Counterthoughts → Better Feelings
C-A-B Form

Activating Event → Beliefs (whole belief) → Consequences

Is this an irrational thought?

No → Select a Course of Action

1. Avoid the Activating Event.
2. Don't respond to the Activating Event.
3. Change the Activating Event.
4. Cope with the Activating Event.
5. Change the way you respond to the Activating Event.

Yes → Positive Counterthoughts

Better Feelings
C-A-B Form

Activating Event → Beliefs → Consequences

Is this an irrational thought?

No → Select a Course of Action

1. Avoid the Activating Event.
2. Don't respond to the Activating Event.
3. Change the Activating Event.
4. Cope with the Activating Event.
5. Change the way you respond to the Activating Event.

Yes → Positive Counterthoughts

Better Feelings
<table>
<thead>
<tr>
<th>Date</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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<td>9:00</td>
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<td>10:00</td>
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</tr>
</tbody>
</table>
1. What are three techniques for stopping negative thinking?
   a.____________________________________________________________________________
   b.____________________________________________________________________________
   c.____________________________________________________________________________

2. Which technique(s) would you like to try this week?
   i. ____________________________________________________________________________
   ii. ____________________________________________________________________________
Homework Assignment: Session 12

1. Continue to fill out your Mood Diary (page 1.1).

2. Use at least one of the three Thought-Stopping techniques between now and next session. Choose which one you will use.

Success Activity

Fill out your Mood Diary for today (page 1.1).
C-A-B Form

Activating Event → Beliefs (whole belief) → Consequences

Is this an irrational thought?

No → Select a Course of Action

1. Avoid the Activating Event.
2. Don't respond to the Activating Event.
3. Change the Activating Event.
4. Cope with the Activating Event.
5. Change the way you respond to the Activating Event.

Yes → Positive Counterthoughts

Better Feelings
C-A-B Form

Activating Event → Beliefs (whole belief) → Consequences

Is this an irrational thought?

No → Select a Course of Action

Yes → Positive Counterthoughts → Better Feelings

Select a Course of Action

1. Avoid the Activating Event.
2. Don't respond to the Activating Event.
3. Change the Activating Event.
4. Cope with the Activating Event.
5. Change the way you respond to the Activating Event.
C-A-B Form

Activating Event → Beliefs (whole belief) → Consequences

Is this an irrational thought?

No → Select a Course of Action

1. Avoid the Activating Event.
2. Don't respond to the Activating Event.
3. Change the Activating Event.
4. Cope with the Activating Event.
5. Change the way you respond to the Activating Event.

Yes → Positive Counterthoughts

Better Feelings
C-A-B Form

Activating Event → Beliefs (whole belief) → Consequences

Is this an irrational thought?

No → Select a Course of Action

1. Avoid the Activating Event.
2. Don't respond to the Activating Event.
3. Change the Activating Event.
4. Cope with the Activating Event.
5. Change the way you respond to the Activating Event.

Yes → Positive Counterthoughts

Better Feelings
Homework Assignment: Session 13

1. Fill out a C-A-B form when you catch yourself thinking a negative thought or when you start feeling depressed (pages 13.6 through 11.9). Try to do this at least once a day.

2. Continue to fill out your Mood Diary (page 1.1).

Success Activity

1. Fill out your Mood Diary for today.

2. If you can remember having a negative thought or feeling depressed earlier today, fill out a C-A-B form.
C-A-B Form

Activating Event → Beliefs → Consequences

(whole belief)

Is this an irrational thought?

No → Select a Course of Action

1. Avoid the Activating Event.
2. Don't respond to the Activating Event.
3. Change the Activating Event.
4. Cope with the Activating Event.
5. Change the way you respond to the Activating Event.

Yes → Positive Counterthoughts

Better Feelings
C-A-B Form

Activating Event → Beliefs (whole belief) → Consequences

Is this an irrational thought?

No → Select a Course of Action

1. Avoid the Activating Event.
2. Don't respond to the Activating Event.
3. Change the Activating Event.
4. Cope with the Activating Event.
5. Change the way you respond to the Activating Event.

Positive Counterthoughts

Yes → Better Feelings
C-A-B Form

Activating Event → Beliefs (whole belief) → Consequences

Is this an irrational thought?

No → Select a Course of Action

1. Avoid the Activating Event.
2. Don't respond to the Activating Event.
3. Change the Activating Event.
4. Cope with the Activating Event.
5. Change the way you respond to the Activating Event.

Yes → Positive Counterthoughts → Better Feelings
C-A-B Form

Activating Event \( \rightarrow \) Beliefs \( \rightarrow \) Consequences

(whole belief)

Is this an irrational thought?

No \( \rightarrow \) Select a Course of Action

1. Avoid the Activating Event.
2. Don’t respond to the Activating Event.
3. Change the Activating Event.
4. Cope with the Activating Event.
5. Change the way you respond to the Activating Event.

Yes \( \rightarrow \) Positive Counterthoughts

Better Feelings
### MAJOR LIFE EVENTS

<table>
<thead>
<tr>
<th>Major Life Events</th>
<th>How Will These Events Affect Your Behavior?</th>
<th>Prevention Plans</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td></td>
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<tr>
<td>2.</td>
<td></td>
<td></td>
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<tr>
<td>3.</td>
<td></td>
<td></td>
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<tr>
<td>4.</td>
<td></td>
<td></td>
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<tr>
<td>5.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Some Common Major Life Events:

1. Graduation   
2. Death in the family   
3. Being fired from a job   
4. Getting married   
5. Family member ill   
6. Having a child   
7. Moving far away   
8. Dropping out of school   
9. Serious illness   
10. Being arrested   
11. Auto accident   
12. Breaking up   
13. Parents divorce   
14. Victim of crime   
15. Death of friend
<table>
<thead>
<tr>
<th>EVERYDAY HASSLES</th>
<th>HOW TO COPE WITH HASSLES?</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. With family:</td>
<td></td>
</tr>
<tr>
<td>2. With friends:</td>
<td></td>
</tr>
<tr>
<td>3. With school:</td>
<td></td>
</tr>
<tr>
<td>4. With jobs:</td>
<td></td>
</tr>
<tr>
<td>5. With romantic relationships:</td>
<td></td>
</tr>
<tr>
<td>6. With money:</td>
<td></td>
</tr>
</tbody>
</table>
### Beginning of the Course Mood Questionnaire

For the following statements, circle the number for each statement which best describes how often you've felt this way **DURING THE PAST WEEK:**

<table>
<thead>
<tr>
<th></th>
<th>Rarely or none of the time</th>
<th>Some or a little of the time</th>
<th>Occasionally or a moderate amount of time</th>
<th>Most or all of the time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. I was bothered by things that usually don't bother me.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>2. I did not feel like eating; my appetite was poor.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>3. I felt that I could not shake off the blues, even with help from my family or friends.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>4. I felt that I was just as good as other people.</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>5. I had trouble keeping my mind on what I was doing.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>6. I felt depressed.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>7. I felt that everything I did was an effort.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>8. I felt hopeful about the future.</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>9. I thought life had been a failure.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>10. I felt fearful.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>11. My sleep was restless.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>12. I was happy.</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>13. I talked less than usual.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>14. I felt lonely.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>15. People were unfriendly.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>16. I enjoyed life.</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>17. I had crying spells.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>18. I felt sad.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>19. I felt that people disliked me.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>20. I could not get &quot;going&quot;.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

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Your total is: [ ]
### End of the Course Mood Questionnaire

For the following statements, circle the number for each statement which best describes how often you've felt this way **DURING THE PAST WEEK**:

<table>
<thead>
<tr>
<th>Statement</th>
<th>Rarely or none of the time</th>
<th>Some or a little of the time</th>
<th>Occasionally or a moderate amount of time</th>
<th>Most or all of the time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. I was bothered by things that usually don't bother me.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>2. I did not feel like eating; my appetite was poor.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>3. I felt that I could not shake off the blues, even with help from my family or friends.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>4. I felt that I was just as good as other people.</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>5. I had trouble keeping my mind on what I was doing.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>6. I felt depressed.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>7. I felt that everything I did was an effort.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>8. I felt hopeful about the future.</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>9. I thought life had been a failure.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>10. I felt fearful.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>11. My sleep was restless.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>12. I was happy.</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>13. I talked less than usual.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>14. I felt lonely.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>15. People were unfriendly.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>16. I enjoyed life.</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>17. I had crying spells.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>18. I felt sad.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>19. I felt that people disliked me.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>20. I could not get &quot;going&quot;.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

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