

## Depression



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*This is actually the finest publication i actually have study right up until now. We have study and so i am confident that i am going to planning to go through again again in the foreseeable future. I am just effortlessly will get a delight of studying a published book.*

***(Lori Bernier)***

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A. Describe the situation that is upsetting you. Include only facts. B. Describe your opinion, judgment, and interpretation of the event. What are you thinking when you are upset? C. Describe your feelings. Pinpointing your feelings and exploring them increase your self-awareness. D. Dispute your thinking. Develop positive thoughts. Substitute each thought in B with a more helpful thought. Turn I should into I prefer. Turn it's awful into it's inconvenient. E. Set reasonable, reachable goals. Take action. REBT in Action

A. I did not volunteer to handle a difficult assignment at work. B. I am incapable of handling a tough assignment. C. Sadness, anger, shame. D. I didn't believe I could handle that task, but I'll get better at handling harder tasks. E. Goal: to think more positively and develop the necessary skills. Action plan: to enroll in an evening class to improve my skills.

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