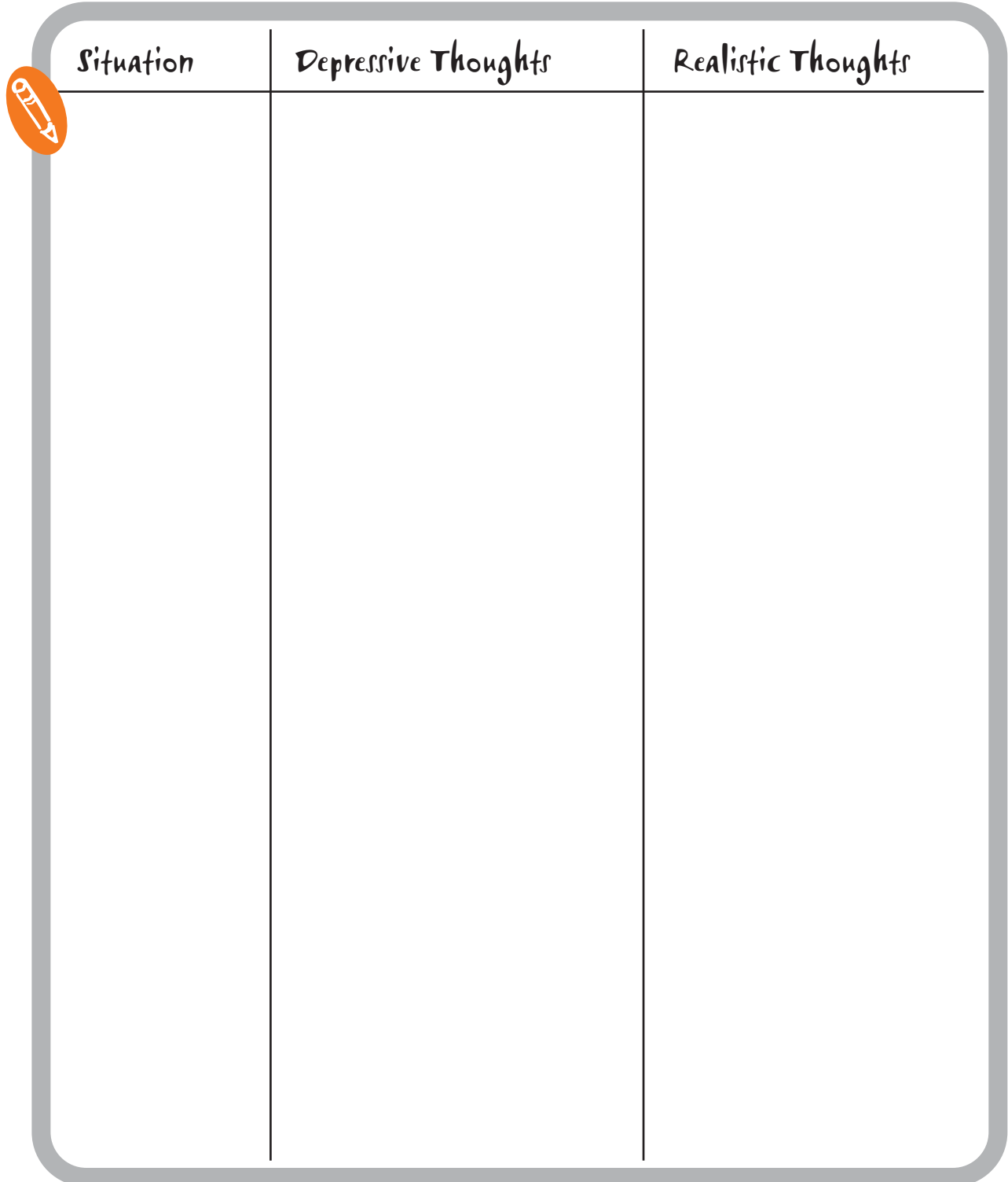


**This guide is easier to use if you write things down.  
The following worksheets are designed to help with this.**

**Worksheet: Challenging Depressive Thoughts**



Situation	Depressive Thoughts	Realistic Thoughts