MONITORING DEPRESSIVE THOUGHTS	S						
INSTRUCTIONS: 1) Print out several copies of this form. 2) Schedule this self-monitoring activity on your calendar 3) Throughout the day, list any depressive thoughts below. Depressive thoughts may be Distressing, Extreme/Unrealistics, and Hopeless 4) Rate how depressive each thought is, using the rating scale on the right. 5) After completing the exercise, return to the Program and begin Interrupt Depressive Thoughts.	How depressive is each thought? Enter your rating for each thought using the scale below.						
	This thought is a little bit is extremely depressive depressive						
		0	1	2	3	4	5
Write your thoughts below:	Ente	r your	ratings	for eac	h thougl	nt belov	v:
	+						