Symptom discussion guide

Depression is easy to feel and hard to describe. Use the four axes clinicians think in to describe the specific things happening. Check what fits and add your own words in the write-in lines.

EMOTIONAL. WHAT IS YOUR MOOD MOST OF THE DAY?

Some people with depression are not sad at all; they feel flat. Options: sad, empty, numb or flat, irritable or short fuse, hopeless about the future, guilty or self-critical, feels like something is missing you cannot name, other.

COGNITIVE. WHAT IS HAPPENING WITH YOUR THINKING?

Options: hard to concentrate, hard to remember what you were doing, slower thinking than usual, rumination (thoughts loop and will not stop), trouble making decisions, repetitive negative thoughts, thoughts of death or suicide, other.

PHYSICAL. WHAT IS YOUR BODY DOING?

Options: sleep changes (too much, too little, waking early, hard to fall asleep), appetite changes, weight change (specify gained or lost ___ lbs over ___ weeks), fatigue that rest does not fix, aches or headaches that came with the low mood, slowed movement or speech or restlessness, other.

BEHAVIORAL. WHAT ARE YOU DOING DIFFERENTLY?

Options: canceling plans more than usual, withdrawing from people, not doing things you used to enjoy, missing work or school, not eating regularly or showering regularly or opening mail, drinking or using substances or scrolling more than usual to cope, other.

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Symptom discussion guide (2)

Now put it into your own words. Two or three sentences on how you have been in the past two weeks.

ONE PARAGRAPH SUMMARY

HOW LONG. WHEN DID THIS START AND HOW HAS IT CHANGED?

HOW MUCH IT INTERFERES

Circle: work / school / relationships / self-care / sleep / all of the above. Then a specific example of one thing you have been unable to do that you used to do easily.

WHAT TRIGGERS IT (PATTERNS, TIMES OF DAY, WEEKS OF THE MONTH, SPECIFIC SITUATIONS)

WHAT HELPS, EVEN A LITTLE

WHAT YOU ARE MOST WORRIED ABOUT (ONE SENTENCE)

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