

Self-Talk for Depression*

- Things may look different by tomorrow (e.g., things may seem pointless today, but the reasons for them will become clear eventually if I hang in there; things that seem overwhelming in the middle of the night may not be a big deal in the daytime when the mind is clearer)
- I may not get complimented on how I look, what I do, etc. but it may still be good
- I can still do some things today, even if I don't feel great
- One bad result doesn't mean it will be this way forever
- It's a problem, not a permanent part of my personality
- There are lots of reasons why people frown (or get impatient, or raise their voices, etc.): it doesn't mean they hate me
- Even if not everyone likes me, I still have some friends
- Even if I didn't do great on this test, I can still pass
- I will run my own race: I don't have to compare myself to others
- There are many roads to success: I may not take the most direct one but I'll get there eventually
- It's not the end of the world
- Mistakes are OK, nobody's perfect
- I may not be the best (or best-looking, smartest, most athletic, etc.), but I have good qualities
- I can take my mind off this, at least for a little while
- I won't let my mind keep spiralling down
- Many people struggle with their moods: I'm not alone
- Even if I can only take a small step, I'm still further ahead
- My depression saps energy, so I can be proud of every little thing I do
- I can do something to feel a bit better (e.g., a bath, music, a walk, some exercise, a cup of tea, reading something, a game or puzzle, talking to or texting a friend)
- I won't base my opinion of myself on what one person thinks

Have the youth pick a few favorites, and keep them where he/she usually feels down (e.g., in their room in the evening) and encourage him/her to refer to them

**For further ideas on applying the above please see "Helping Your Teenager Beat Depression" on Books page*