

Module 9: Mood Disorders and Treatments

Topic 3 Application: Alternative Ways of Thinking Response Sheet

People who have depression often have thoughts that differ from someone who does not have this mood disorder. Below you will find a list of sample thoughts someone with depression may have. For each statement from someone with depression, create a rational alternative statement someone without depression may make. Write your responses in the column to the right.

Depressed Person's Thoughts	Rational Alternative Thoughts
"I failed that test. I'm so stupid."	
"I lost my job. I really messed up and it's all my fault."	
"I know they don't like me. I probably said something they thought was stupid."	
"Look at this big stain on my dress. The whole evening is ruined. I'm so clumsy."	

Analysis of Alternative Ways of Thinking

Once you have provided rational statements that correlate with those given by a depressed person, imagine your close friend has depression, and is the person who provided the initial thoughts. Write a letter to your friend that includes the following:

- Reasons why you feel concerned about his or her thoughts.
- How you can or cannot relate to your friend.
- Whether based on symptoms you observed in this imaginary scenario, you think your friend may have major depression, dysthymia, bipolar disorder, or seasonal affective disorder. Describe what symptoms you witnessed.

Once you have completed the Alternative Ways of Thinking Response sheet and your analysis, please submit your work to the dropbox.