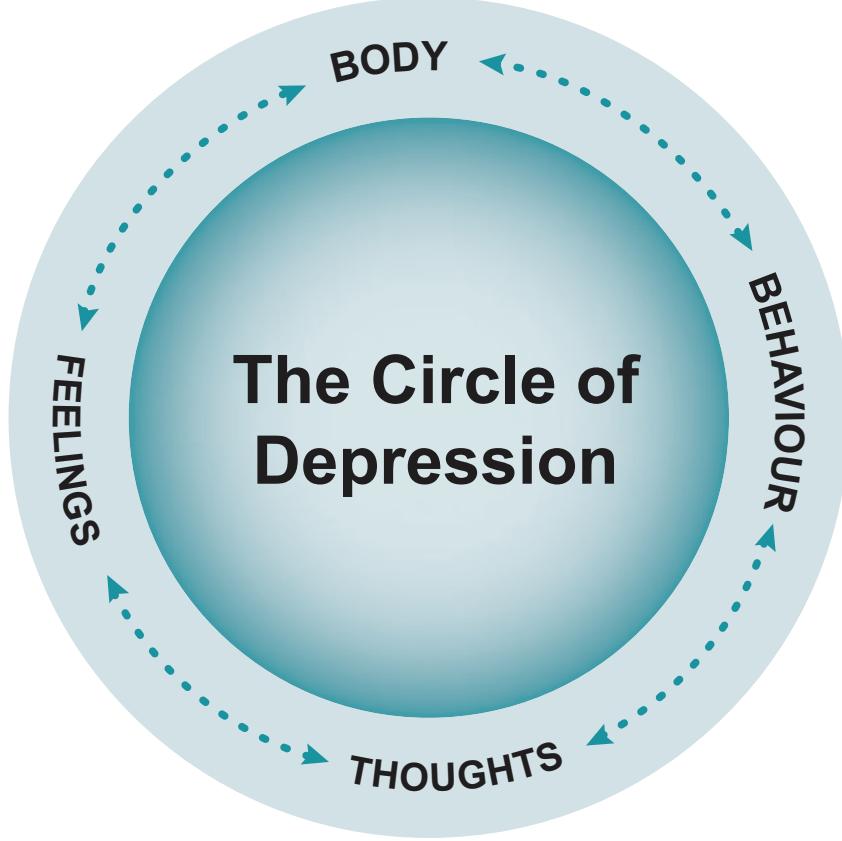


The Circle of Depression

Cognitive-behavioural treatment strategies for depression are based on the connection between behaviours, thoughts, emotions/feelings and body. All are parts of a circle where each part both affects and is affected by each other. This will cause a ripple effect.

- Our behaviour affects our body, what we think and how we feel.
- What we think affects our body, how we feel and our behaviour.
- Our emotions affect our body, how we think and our behaviour.
- Our body responses affect our behaviours, what we think and how we feel.



Changing feelings directly is almost impossible. The best way to feel better is by changing depressive behaviours and thoughts.

Since behaviours are easy to identify it is a good place to begin when you want to make changes to your thoughts and feelings.

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