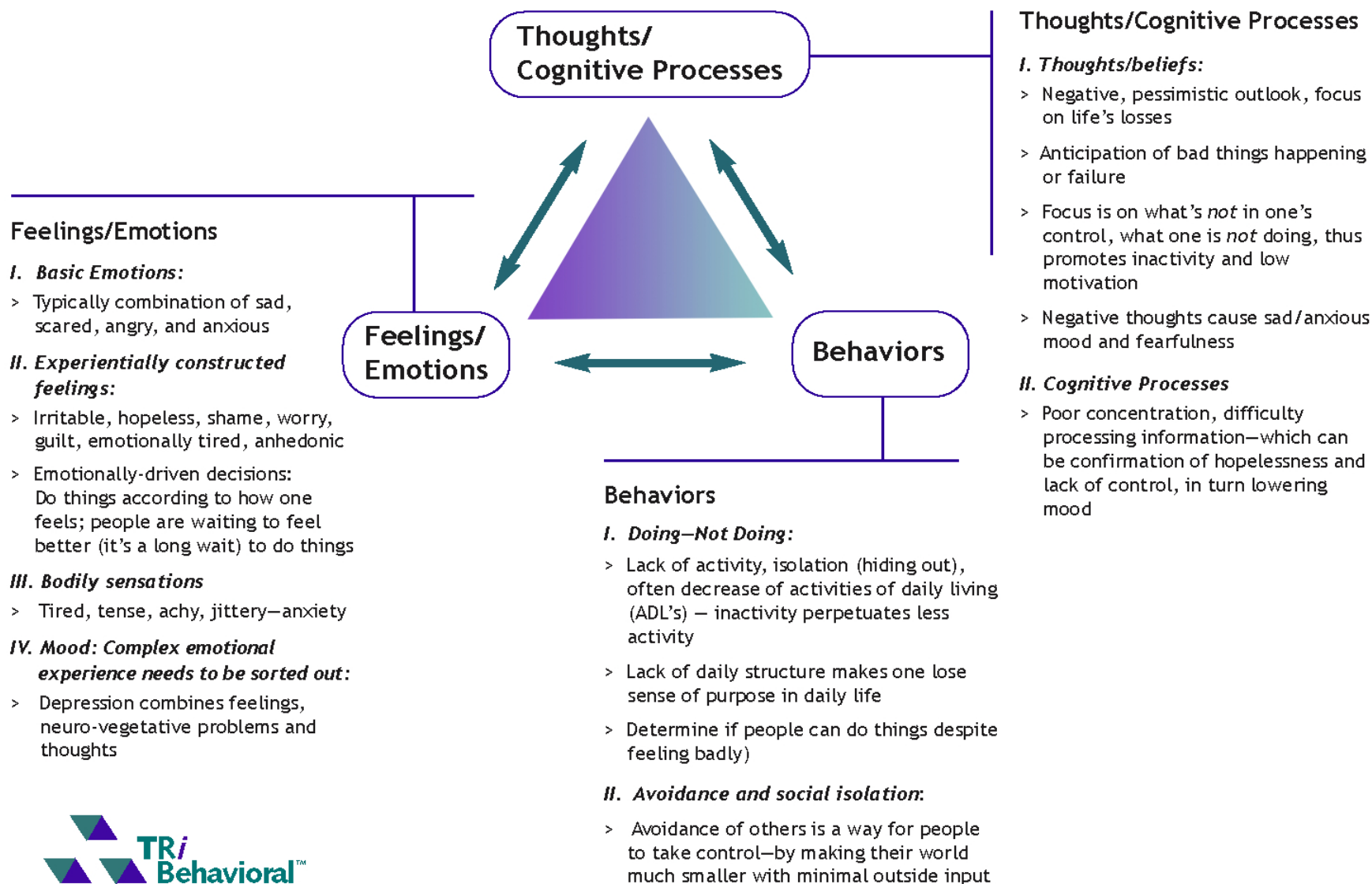


# The CBT Triangle: Typical Depressive Features



## Feelings/Emotions

### I. Basic Emotions:

- > Typically combination of sad, scared, angry, and anxious

### II. Experientially constructed feelings:

- > Irritable, hopeless, shame, worry, guilt, emotionally tired, anhedonic
- > Emotionally-driven decisions: Do things according to how one feels; people are waiting to feel better (it's a long wait) to do things

### III. Bodily sensations

- > Tired, tense, achy, jittery—anxiety

### IV. Mood: Complex emotional experience needs to be sorted out:

- > Depression combines feelings, neuro-vegetative problems and thoughts

## Thoughts/ Cognitive Processes

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### I. Thoughts/beliefs:

- > Negative, pessimistic outlook, focus on life's losses
- > Anticipation of bad things happening or failure
- > Focus is on what's not in one's control, what one is *not* doing, thus promotes inactivity and low motivation
- > Negative thoughts cause sad/anxious mood and fearfulness

### II. Cognitive Processes

- > Poor concentration, difficulty processing information—which can be confirmation of hopelessness and lack of control, in turn lowering mood

## Behaviors

### I. Doing—Not Doing:

- > Lack of activity, isolation (hiding out), often decrease of activities of daily living (ADL's) — inactivity perpetuates less activity
- > Lack of daily structure makes one lose sense of purpose in daily life
- > Determine if people can do things despite feeling badly)

### II. Avoidance and social isolation:

- > Avoidance of others is a way for people to take control—by making their world much smaller with minimal outside input