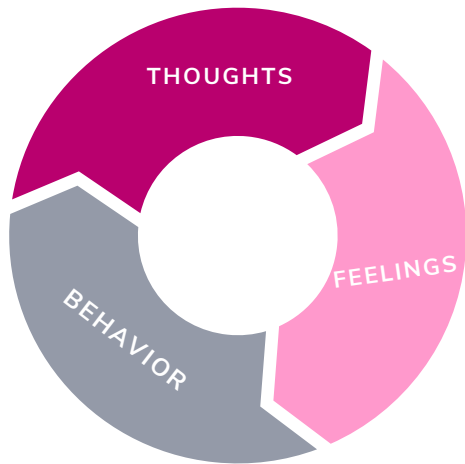


Understanding the DEPRESSION CYCLE

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This diagram shows us that thoughts, feelings, and behavior all influence each other. When we have negative thoughts, or have experienced a stressful event, this can trigger emotions such as sadness, anxiety, embarrassment, or hopelessness. These emotions often cause people to isolate themselves and lose motivation for day to day activities.

This cycle perpetuates itself... let's look at an example

Uh oh! you didn't get the lead role in the school play...

