Attacking Depression and Anxiety from All Angles

Dottie Pickett, LMFT

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J. P. MORELAND
AND TIM MUEHLHOFF

FOREWORD BY LEE STROBEL

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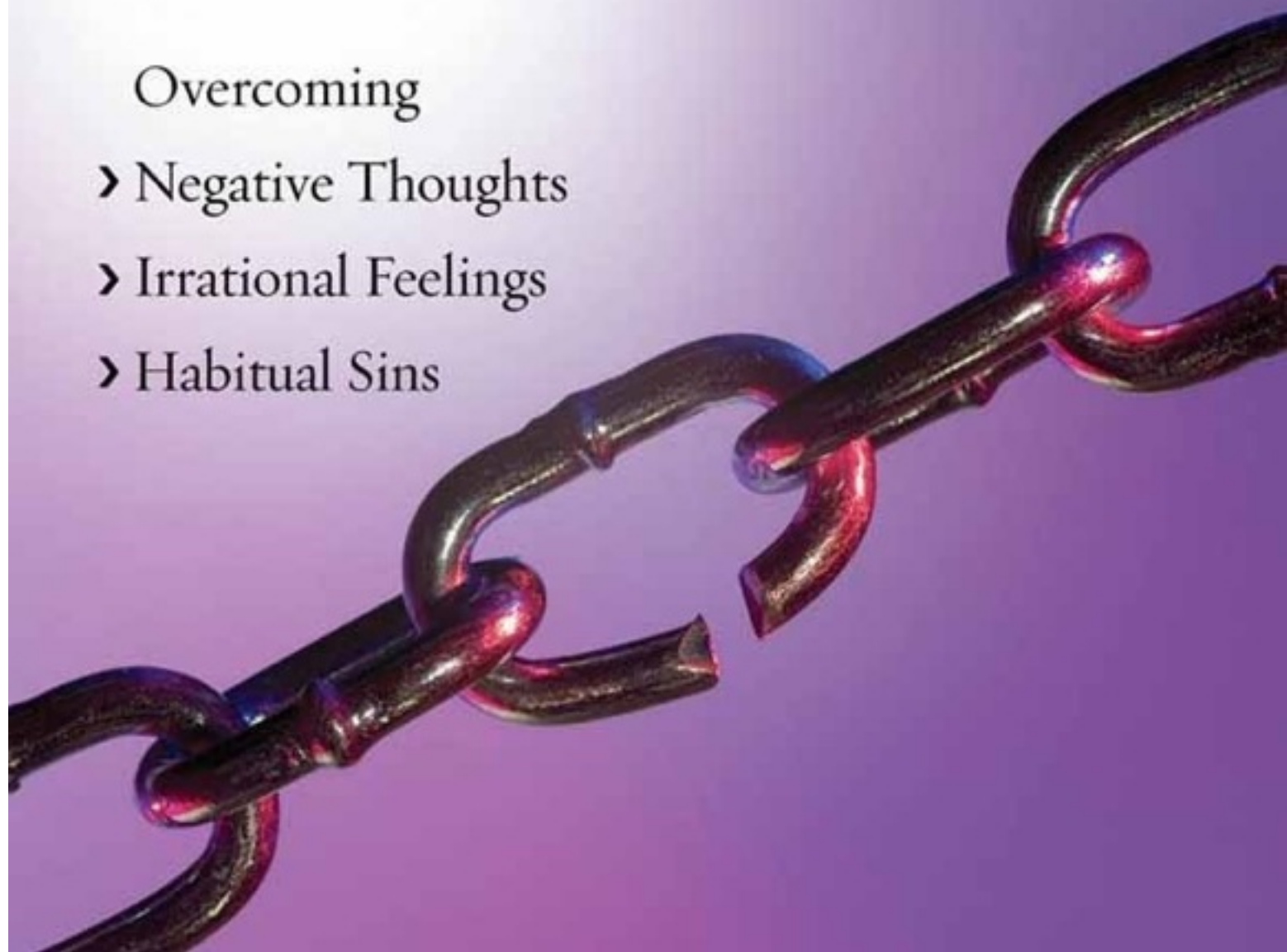author of VICTORY OVER THE DARKNESS

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Overcoming
› Negative Thoughts
› Irrational Feelings
› Habitual Sins

Sarah Thiessen & Heather Hughes

CHRISTIANS HAVE THE ADVANTAGE.
IT'S TIME TO TAKE IT.

UpperDogs

Event:		
Emotions	**Percent Before**	**Percent After**
Sad, depressed, unhappy, down		
Anxious, worried, nervous, frightened		
Guilty, remorseful, bad, ashamed		
Inferior, worthless, inadequate, incompetent		
Lonely, unloved, rejected, alone, abandoned		
Embarrassed, foolish, humiliated, self conscious		
Hopeless, discouraged, pessimistic, despairing		
Frustrated, stuck, defeated		
Angry, Mad, resentful, annoyed, irritated		
Other:		
Other:		

Cognitive Distortions

All or Nothing Thinking: You see things in absolute black or white categories

Over Generalization: You view an event as a never ending pattern of defeat

Mental Filter: You dwell on the negative and ignore the positive

Discounting Positives: You insist your positive qualities don't count

Jumping to Conclusions: You jump to conclusions not warranted by facts

Mind Reading: You assume that people are reacting negatively to you

Fortune Telling: You predict that things will turn out badly

Magnification or Minimization: You blow things out of proportion or shrink them

Emotional Reasoning: You reason from your feelings - e.g. 'I feel like an idiot so I must be'

Should Statements: You use 'shoulds', 'shouldn't', 'musts', 'ought's', 'have to's

Labeling: Instead of saying 'I made a mistake', you tell yourself 'I'm a jerk'

Self Blame: You blame yourself for something you were not entirely responsible for

Other-Blame: You blame others and overlook ways you contributed to the problem

Catastrophizing: Ruminating about irrational worst-case outcomes

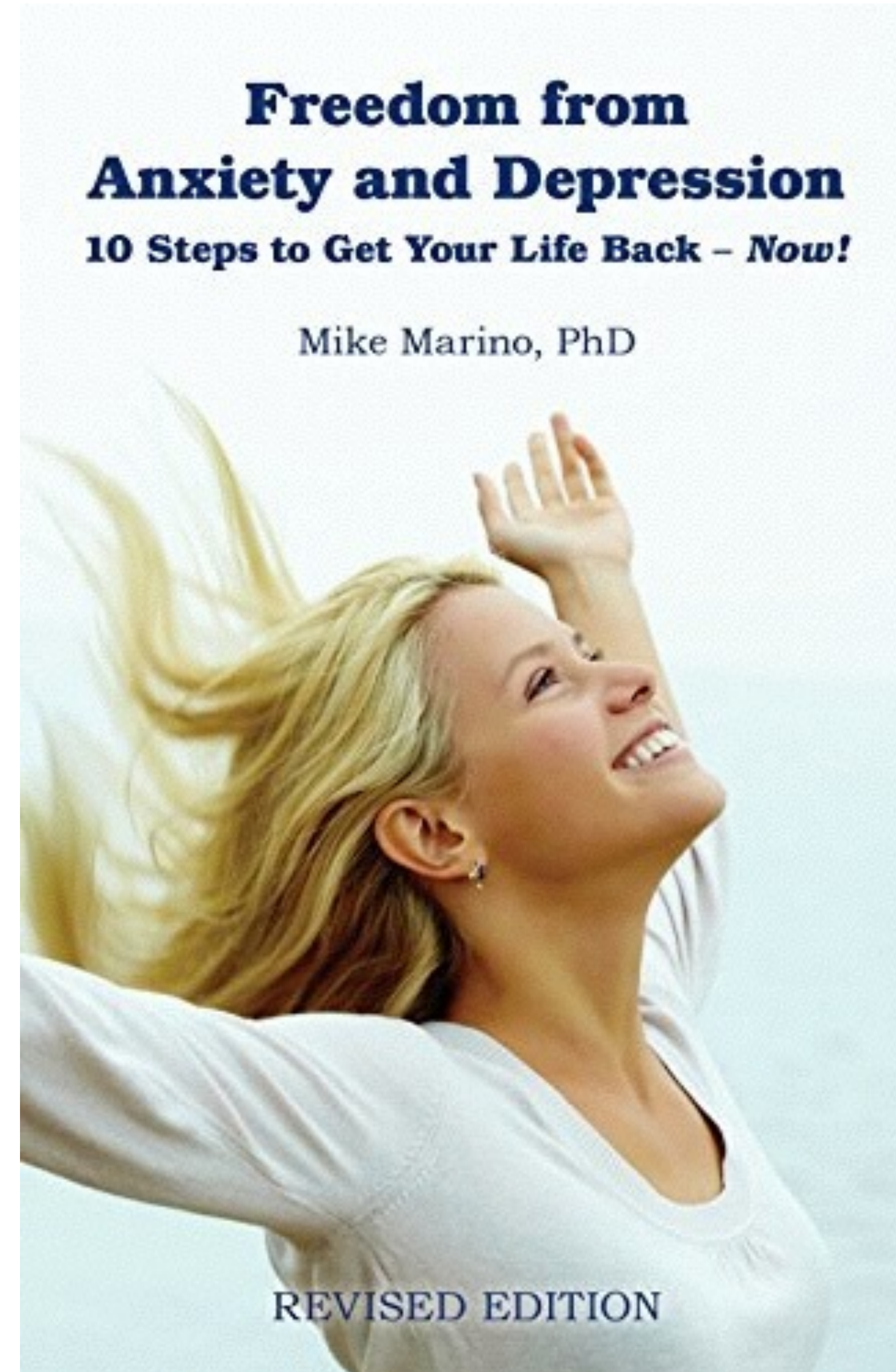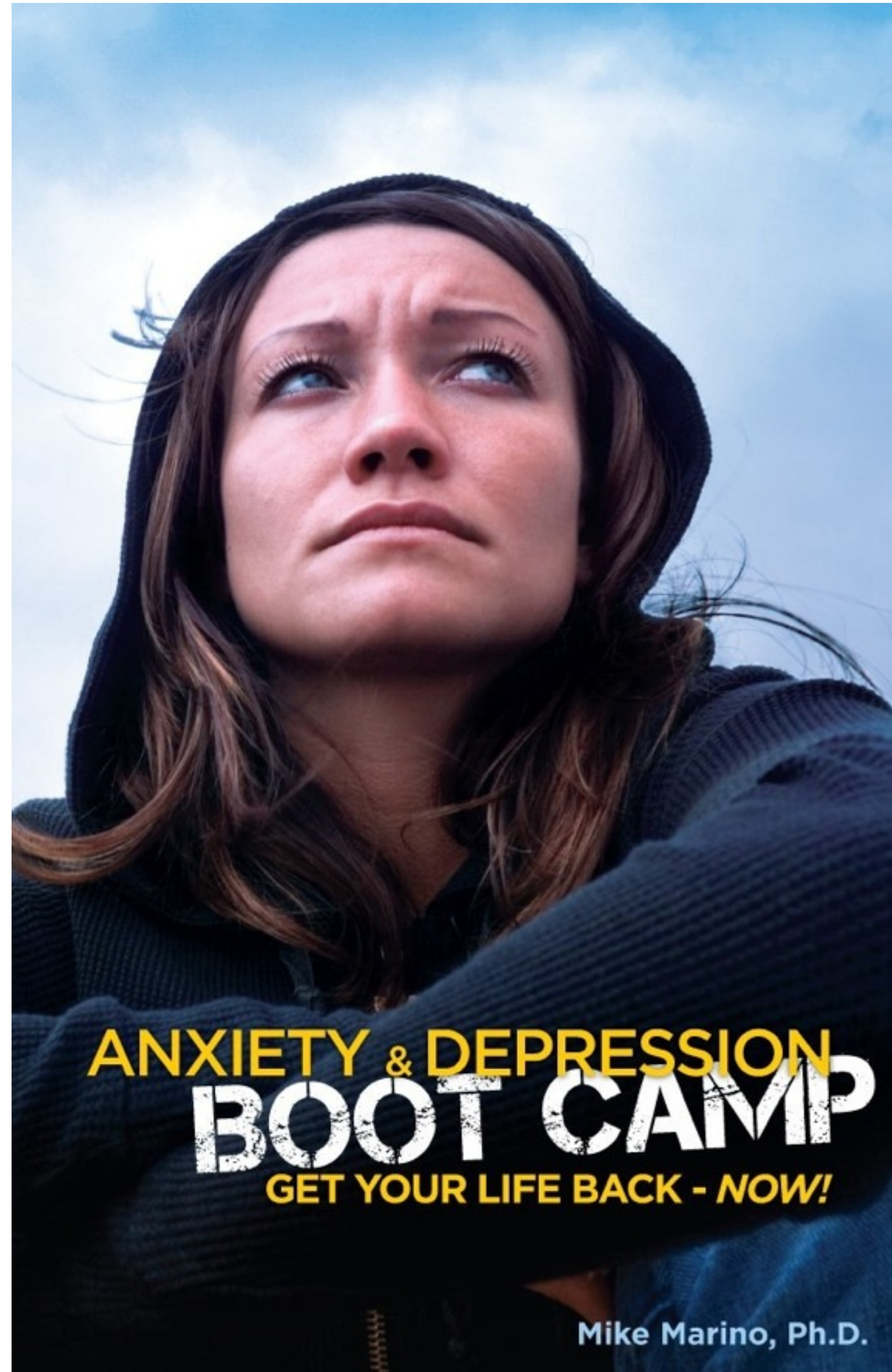| Negative Thoughts	% Belief Before	Distortions	Evidence Supporting	Evidence Against	Balanced Thoughts	% Belief After

The Healing Power of Doing Good

The Health and Spiritual Benefits of Helping Others

Allan Luks
with Peggy Payne

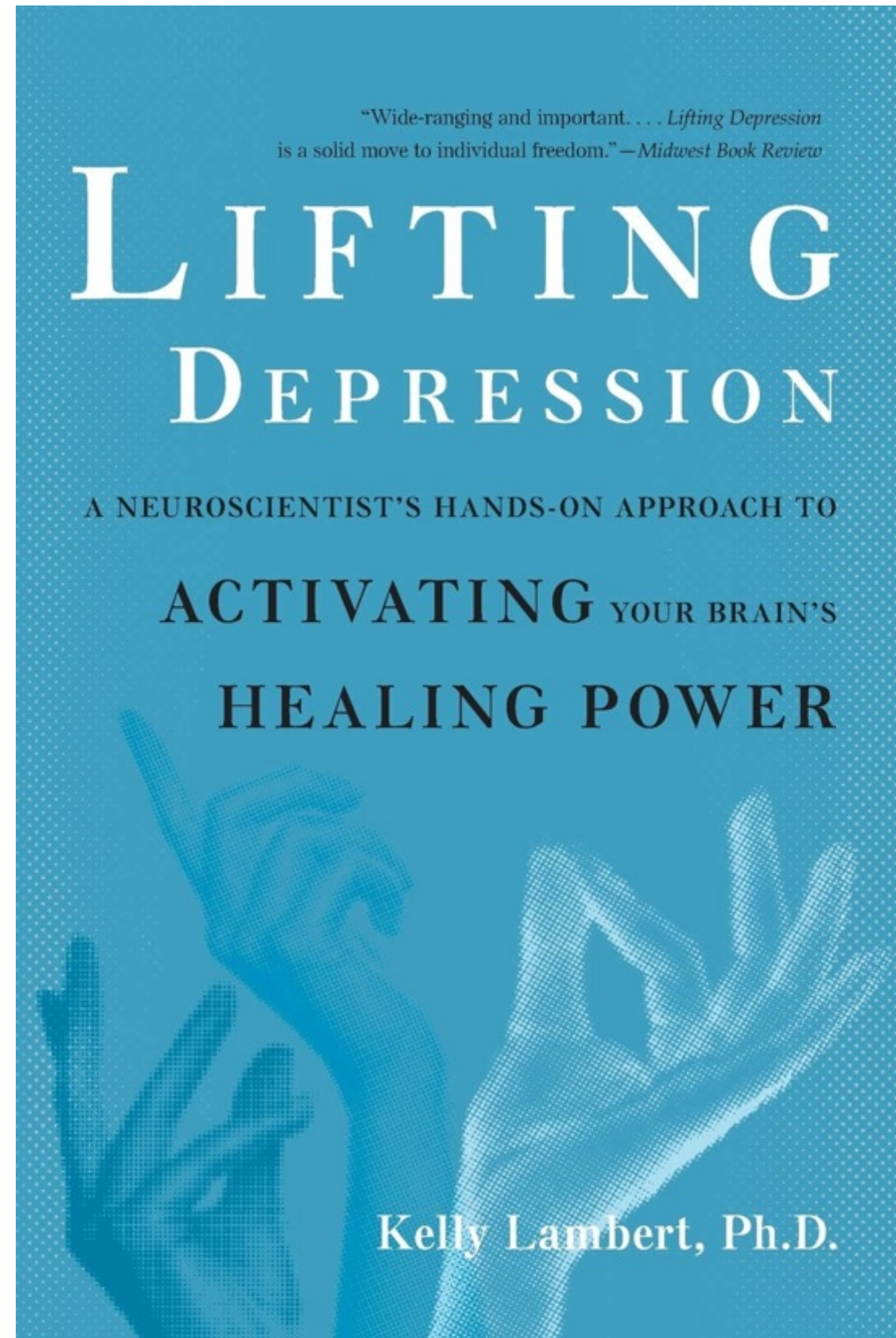# Attacking Depression and Anxiety from All Angles

ANXIETY & DEPRESSION
BOOT CAMP
GET YOUR LIFE BACK - *NOW!*
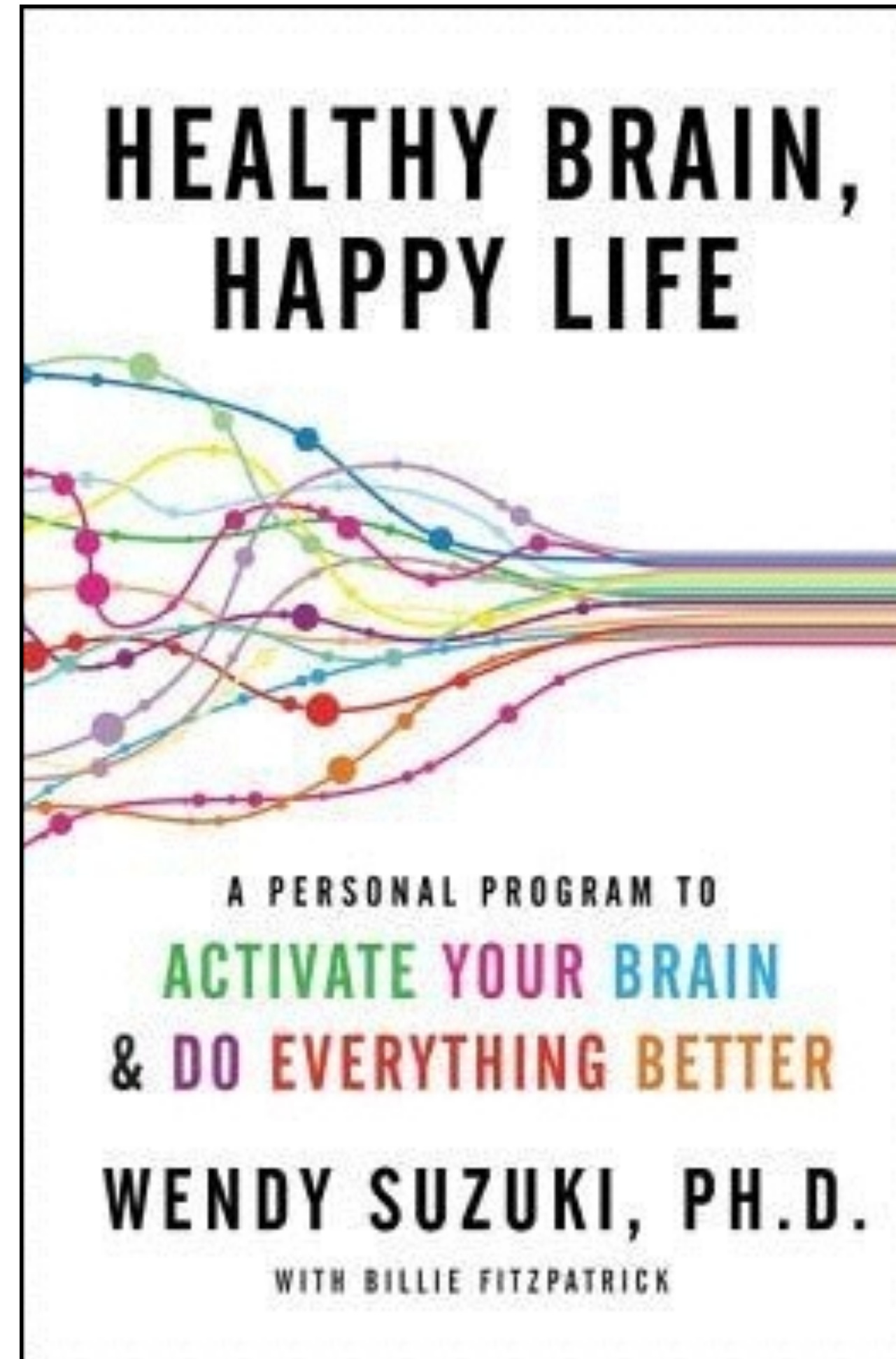
Mike Marino, Ph.D.

Freedom from
Anxiety and Depression
10 Steps to Get Your Life Back – *Now!*

Mike Marino, PhD

REVISED EDITION

Exercise Mood Log

Date	Mood Before 0-10	Mood After 0-10	Stress Before 0-10	Stress After 0-10	Date	Mood Before 0-10	Mood After 0-10	Stress Before 0-10	Stress After 0-10

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Pickett's Pearls

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