

Theme: Depression about depression (Secondary Depression)

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(A) Adversity: "I am not helping myself by withdrawing after work and sitting around."

(B) Basic Attitude towards this adversity:

It would be better if I were doing something after work to help myself. I am a weak person.

(C) Consequences - Emotional and Behavioral:

Depression about depression (Sedentary activity). Depression increases.

(D) Disputing:

1. Do my attitudes help me cope well with this adversity, or do they interfere with effectively responding to this adversity? Holding the attitude "I am a weak person" is not helping me respond to my depressed state.

2. If the attitudes are hindering or defeating me, in what way are they hurting me?

This attitude leads me to feel depressed about being in a depressed state. It makes me more depressed, keeps me depressed, and undermines my effort to do anything to help myself.

3. What evidence proves my attitudes are true?

There is no evidence that proves I am a weak person. When I choose not to activate myself and do something to help myself that in effort only proves I am not helping myself, not that I am, and always will be, a "weak person." My unhealthy behavior does not define me, the person.

4. If there is no evidence, they are true, why then are they false?

To conclude "I am a weak person" is false because it is definitional. Just because I am not helping myself it is not valid to define my "essence" in this extreme way. To truly be "a weak person" I would have to always act weakly yesterday, today, and forever into the future. This is not what has occurred because in the past I have occasionally acted courageously/strongly.

(E) Effective New Philosophy towards this adversity:

I am "acting" in a self-defeating way by not doing some activity that will help myself which proves I am a fallible person, not "a weak person." My choice to not help myself does not change the fact I am acceptable as a person. I will choose to accept myself even when I do not choose to help myself. I will not depress myself over my depression.

(F) Functional New Behavior that is consistent with my new philosophy towards this adversity:

With my unconditional self-acceptance I will boost my mood by exercising lightly, cooking something healthy, ~~and~~ singing, and ~~do~~ socializing with friends. Doing these things reflects my unconditional self-acceptance as I push against my unhealthy feelings of depression.