

Identification of Triggers:

Depressive symptoms can arise as a result of many factors. When treating your depression, it can often be very useful to identify some of the triggers that send you into a funk and/or plunge you into despair. A better understanding of these triggers will help you and your counselor to select appropriate interventions and strategies deemed most effective in addressing your concerns.

Let's start by examining how satisfied you are with your life experience.

Rate yourself from 1-7 [1 being not at all and 7 being absolutely true]

In most ways my life is close to ideal _____

The conditions of my life are excellent _____

I am satisfied with my life _____

So far, I have gotten the important things I want in life _____

If I could live my life over, I would change almost nothing _____

_____ Total Score

Consider the events of your life that are relevant to your level of satisfaction. Make a list of events that you might want to discuss in your next counseling appointment. As you create this list, make sure to consider the high points, how things ended and what when right.