



Dr. K's Guide to Mental Health

Depression Module | Clinical vs. Non-Clinical Depression | Worksheet

We are going to dive into the attributes of your depression so that you can start to understand it better. In medicine, we have a saying "good diagnosis precedes good treatment." So, we are going to start by understanding the features of your experience of depression.

Exercise: Write 1 page about your experience of depression



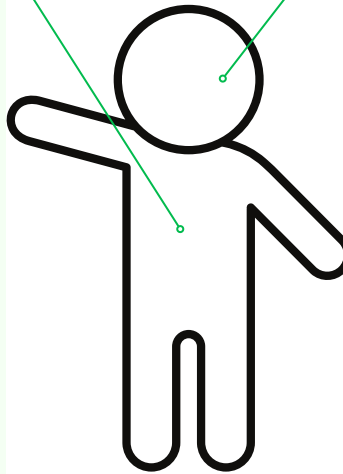
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Exercise: Next, let's go through some more specific features.

What does it feel like in your body?

What does it feel like in your mind?



When did you first get depressed? How long have you been depressed?

Does your depression get discretely better or worse?