



# Dr. K's Guide to Mental Health

Depression Module | The Fantasy Trap | Worksheet

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**Exercise:** What do you fantasize about? Write 1 page about what you fantasize.



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Next, let's dive deeper into what you fantasize about. When do you fantasize? What triggers a fantasy?

What emotional state are you in **when** you fantasize?

What emotional state are you in **after** you fantasize?

What happens to your motivation post-fantasy?