



Dr. K's Guide to Mental Health

Depression Module | Inability to Forgive | Worksheet

Exercise: Were you taught to blame yourself? When you were growing up, if you didn't do well, whose fault was it? If you did poorly in school, who was to blame? If you didn't do what you were supposed to in school, who was to blame?



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Are other people to blame for your current situation? Write a page about what their contribution is.



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If your mind blames others, think for a moment about what you could have done differently.

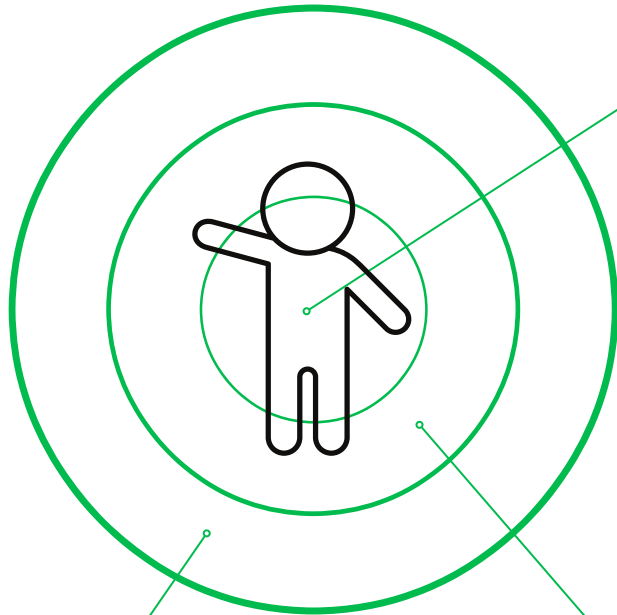
If you blame yourself, who could you be protecting by blaming yourself? If it wasn't your fault, whose fault would it be? How do you feel about blaming that person – not entirely, but at least holding them somewhat responsible? Write out your thoughts below:



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Exercise: Locus of Control



What are things that are in your control?

What things can you only influence?

What are things out of your control?