

Triggers, Patterns, and Mood Changes

1

What situations seem to appear repeatedly before my mood gets noticeably worse?



2

What changes in my sleep, routine, relationships, or environment tend to coincide with a lower mood?



3

Is there a particular time of day when depression feels harder for me, and what is usually happening then?



4

What interaction with another person has stayed in my mind longer than I expected?



5

What tends to drain me emotionally even when I initially think I can handle it?



6

Looking back over the past few weeks, what small change in my mood or behavior have I noticed?

