

humantold

What's Me and What's Symptoms of Depression

This activity aims to think through the difference between your personality traits and the symptoms you experience. It may be difficult to distinguish, if you have been managing this illness for a while. However, it can be illuminating and separates you from overidentifying as an illness to cope. This may look like viewing all your problems, reactions, viewpoints, attitudes, and habits in order to cope. It is important to reflect and make the distinction that "I am not my illness. I am me, and I have this illness."

Questions to start with while doing this activity and check all that apply below:

- How am I when I am not experiencing symptoms?
- How do I usually relate to other people and does it change when I am symptomatic?
- How would others describe me when I am and am not having symptoms
- For additional traits check our "Character traits list" resource

Your personality traits

- Reliable
- Conscientious
- Dependable
- Indecisive
- Assertive
- Open-minded
- Optimistic
- Sociable
- Withdrawn
- Ambitious
- Aloof
- Critical
- Intellectual
- Affectionate
- Spirited
- Passive
- Talkative
- Seeking novelty
- Other:
- Other:

Your depressive symptoms

- Feeling sad or empty
- Fatigue and lack of energy
- Feeling excessively guilty
- Finding no pleasure in activities.
- Sleeping too much
- Sleeping too little
- Racing thoughts
- Angry or irritable
- Feeling hopeless or helpless
- Unable to concentrate
- Feeling suicidal
- Aches and pains
- Feeling numb
- Overeating or weight gain
- Feeling worthless
- Loss of Appetite
- Trouble with decision making
- Isolating self or avoiding
- Other:
- Other:

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Reflection:
