

**SESSION**  
**15**

**DEPRESSIVE SYMPTOMS  
INTERVENTION**

**SESSION HANDOUTS**

The following materials are included for you to utilize during Session 13 of this module:

Handout 15.1: Restructuring Thoughts I

Handout 15.2: Restructuring Thoughts II

## Re-Structuring Thoughts 1

Thought: \_\_\_\_\_ Belief: 1-100% \_\_\_\_\_

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Evidence for the thought

Evidence against the thought

New Thought: \_\_\_\_\_ Belief: 1-100% \_\_\_\_\_

## Re-Structuring Thoughts 2

Situation: \_\_\_\_\_

Thought: \_\_\_\_\_ Belief: 1-100% \_\_\_\_\_

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What's another way to look at it?

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New Thought: \_\_\_\_\_ Belief: 1-100% \_\_\_\_\_