

Understanding Depression

A reflection & self check-in worksheet | Eastern Psychologist

This worksheet accompanies the article “Understanding Depression: What It Is and What Actually Helps.” For each statement, circle or mark the number that feels closest to true for you today. There are no right answers, and no score here represents a diagnosis.

PART 1 • HOW TRUE DOES THIS FEEL TODAY?

1. I have noticed a drop in my energy or motivation lately.

1 Not at all	2 A little	3 Somewhat	4 Quite a bit	5 Very much
-----------------	---------------	---------------	------------------	----------------

2. I have lost interest in things I used to enjoy.

1 Not at all	2 A little	3 Somewhat	4 Quite a bit	5 Very much
-----------------	---------------	---------------	------------------	----------------

3. I've been pulling back from activities or people I would normally engage with.

1 Not at all	2 A little	3 Somewhat	4 Quite a bit	5 Very much
-----------------	---------------	---------------	------------------	----------------

4. I notice a cycle where low mood leads me to withdraw, and withdrawing makes my mood worse.

1 Not at all	2 A little	3 Somewhat	4 Quite a bit	5 Very much
-----------------	---------------	---------------	------------------	----------------

5. There is at least one small activity that used to give me a sense of accomplishment or connection.

1 Not at all	2 A little	3 Somewhat	4 Quite a bit	5 Very much
-----------------	---------------	---------------	------------------	----------------

6. It feels hard to do something helpful for myself, even when I know it might help.

1 Not at all	2 A little	3 Somewhat	4 Quite a bit	5 Very much
-----------------	---------------	---------------	------------------	----------------

7. I have someone I could reach out to for a small amount of connection this week.

1 Not at all	2 A little	3 Somewhat	4 Quite a bit	5 Very much
------------------------	----------------------	----------------------	-------------------------	-----------------------

Add up your 7 ratings from Part 1 (range: 7–35). My total: _____

Important: this total is a personal reflection tool, not a diagnosis or a validated clinical measure. Use it to notice patterns, not to label yourself.

7–14

These patterns don't seem to be showing up much for you right now. Keep an eye on things, especially sleep and connection.

15–24

Some of these patterns are showing up with real frequency. This is worth paying attention to — consider trying the Part 2 activity plan consistently for 2–3 weeks.

25–35

These patterns are showing up often enough that a closer look could genuinely help. Consider speaking with a mental health professional, and/or take our full DASS-21 screening for a more complete picture.

If you scored in the highest range and are also having thoughts of harming yourself, please reach out now. In Pakistan: Umang, a free 24/7 mental health helpline run by clinical psychologists, at 0311 7786264. In the US or Canada: dial or text 988. Elsewhere: findahelpline.com lists verified crisis lines by country. You can also reach out to a trusted person nearby right now.

Quick reflection: Which 1–2 statements scored highest for you? What's one small step this week connected to those?

PART 2 • SMALL ACTIVITY PLANNING

Behavioral activation research shows that small, scheduled activities improve mood more reliably than waiting to feel motivated first. Plan three small, specific activities for this week, then rate your mood before and after.

Activity (be specific)	When	Mood before (1-10)	Mood after (1-10)

Eastern Psychologist | This worksheet is for informational and educational purposes and is not a substitute for professional mental health advice, diagnosis, or treatment. The ratings above are for personal reflection only and are not a validated clinical score. If you are struggling with your mental health, consider speaking with a qualified mental health professional. If you are having thoughts of harming yourself, please reach out to a crisis helpline or trusted person immediately.