

HANDOUT 14: SADNESS & DEPRESSION WORKSHEET

Being in a disaster can lead to sadness and depression. In the space below, write down any symptoms of depression you have experienced, such as difficulty with sleep, loss of appetite, or feelings of worthlessness or hopelessness:

My thoughts when I am sad or depressed (check all that apply):

_____ I am worthless.

_____ I don't have anyone I can depend on.

_____ Nothing will ever get better.

_____ My life is not worth living.

_____ Other: