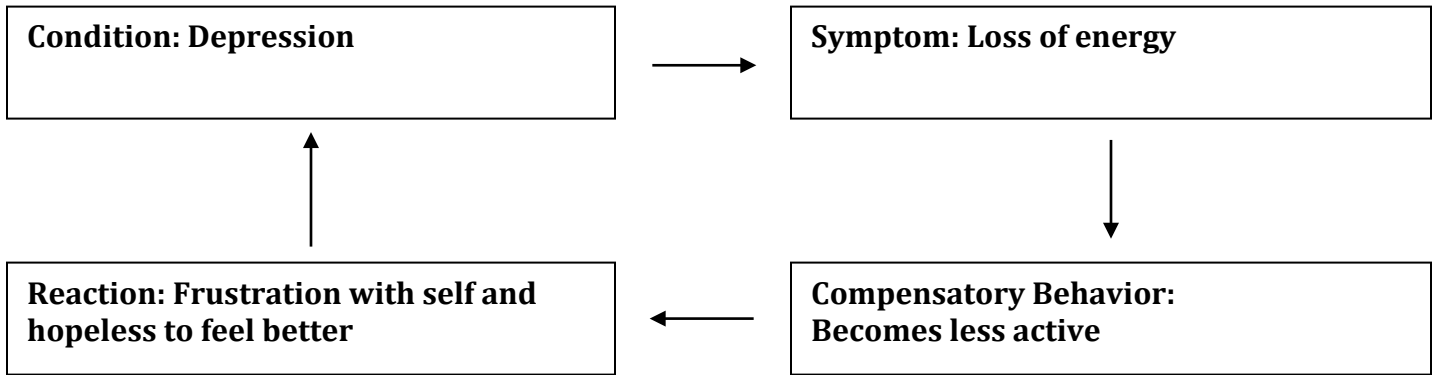


Vicious Cycle

The vicious cycle can be a challenging thing to overcome, but it is not impossible. When a person is stuck in a vicious cycle, they cater to their uncomfortable symptoms.

Example: Allison is depressed and has begun to feel fatigued and has low energy. To compensate for the lower energy, Allison stops engaging in activities, many of which are good for her to engage in.

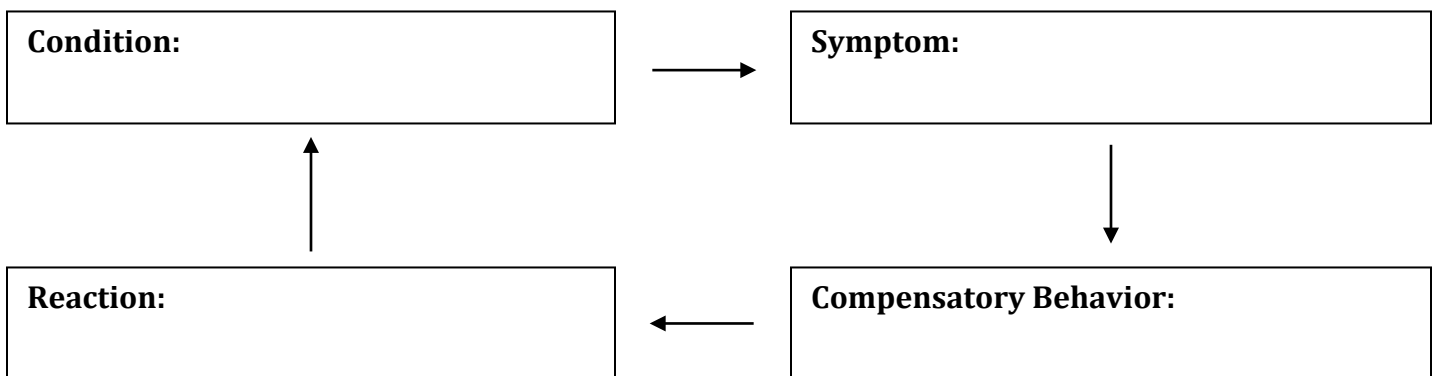


This cycle brings temporary relief, but eventually brings about new symptoms, like guilt, even lower energy, and deepened feelings of depression, hopelessness and helplessness.

Reversing the vicious cycle can be tough, but it is not impossible. You can take baby steps toward feeling better.

Example: Allison begins to break the cycle by taking one 20-minute walk per day. When she does this, she notices her energy levels begin to climb. She feels proud of herself for taking steps to break her vicious cycle of depression, which boosts confidence and helps her feel hopeful.

Directions: Complete your own vicious cycle by filling in the boxes below. Identify what you need to do in order to break the cycle in the spaces provided under your vicious cycle chart.



To break the vicious cycle, I need to: