

Your Personal Summary

Which of the strategies for coping with depression seem to have helped you the most? The inventory in Chapter 8 pointed you in the direction of certain coping strategies that might be particularly helpful for you. Perhaps, in the course of reading the book, you discovered others that were helpful but which didn't show up in your inventory results.

Write the numbers or names of the most helpful strategies below, beside the chapter in which they appeared.

Chapter	Topic	Strategies
9	Goal-Setting	_____
10	Hiring Help	_____
11	Psychotherapy	_____
12	Behavior	_____
13	Physical	_____
14	Thinking	_____
15	Emotion	_____
16	Situation	_____
17	Social	_____
18	Meaning	_____

Which chapter has the most useful strategies for you? If the chapter corresponds to a realm on the Depression Map, what does this tell you about the importance of this area to you?

Doubtless there were suggestions in this book that seemed potentially helpful, but that you haven't really tried yet. Which chapters had the most of these ideas?

When, in future, you feel the need to return to this book, turn to this section first. You won't want to reread the entire book every time. Instead, you'll want to focus on the areas that have helped you the most in the past, and the areas that you haven't yet worked on but which show promise.