

Most behavior changes have disadvantages that go along with them. There's no question about it. Changing old patterns and developing new ones can be a hassle for anyone who tries it.

Unfortunately, one of the problems with depression is that it darkens people's perceptions of themselves and the world around them. The more depressed people are, the more negative their thinking. As a result, people who are depressed are more likely than others to focus on the disadvantages of making changes, to feel like changing isn't worthwhile, or to feel hopeless about starting something new.



If you find yourself focusing on the disadvantages of preventing depression, ask: "Is there a different way to look at this?" Shift your focus to the advantages instead. For example,

- I don't feel like I have the energy to prevent depression, **but** I'd find more energy if I prevented depression.
- I would have to admit I'm vulnerable to depression, **but** I'd learn to be more in control of my emotions.

Another strategy is to ask yourself if the disadvantages are **really** so important after all.

- Is using effective methods to prevent depression **really** so time-consuming?
- Would people **really** think less of me if they learned I was working to prevent depression?

Comeback Statements

Think of some of your personal disadvantages of preventing depression and list them in the table below. Then, think of a comeback statement that focuses on an advantage, or that shows that maybe the disadvantage isn't so important after all.

Disadvantage	Comeback Statement
1. I don't want anyone to know that I'm trying to prevent depression.	1. Many methods to prevent depression will help me to be closer to my family and friends.
2. Depression runs in my family so there's nothing I can do about it.	2. If I'm really at risk for depression, I should work even harder to prevent it.
3. Depression is due to a chemical imbalance; changing my behavior can't help.	3. Every time I have a thought, do something, eat something, or stay up late, I am affecting my body's chemistry. My behavior does have an impact on how I feel.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.