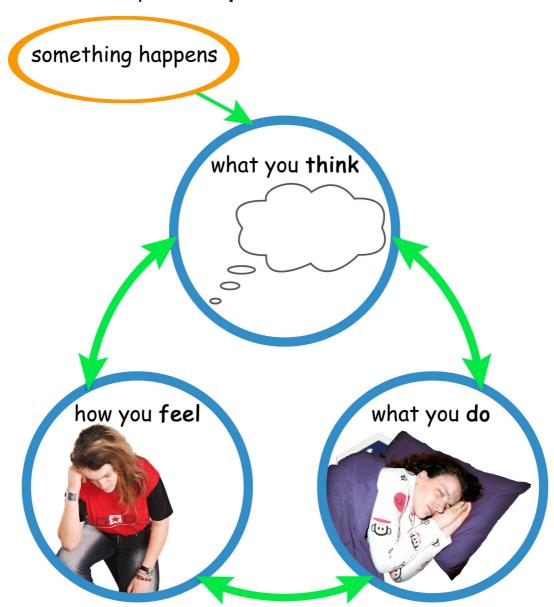
## Linking thoughts, feelings and behaviours for depression

an example for depression



- what you think there is no point in going out
- how you feel sad, depressed
- what you do stay in bed