

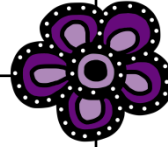
# Depression Thinking Patterns

Thoughts About Myself	Thoughts About Others	Thoughts About the World	Thoughts About the Future



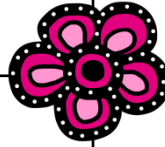
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# Sample!

## Depression Thinking Patterns

Thoughts About Myself	Thoughts About Others	Thoughts About the World	Thoughts About the Future
<p>I'm not good enough</p>	<p>My co-workers don't like me</p> <p>My sister is more successful than me</p>	<p>Life is not fair!</p>	<p>I will never get a promotion at work</p> <p>My life won't get any better</p>

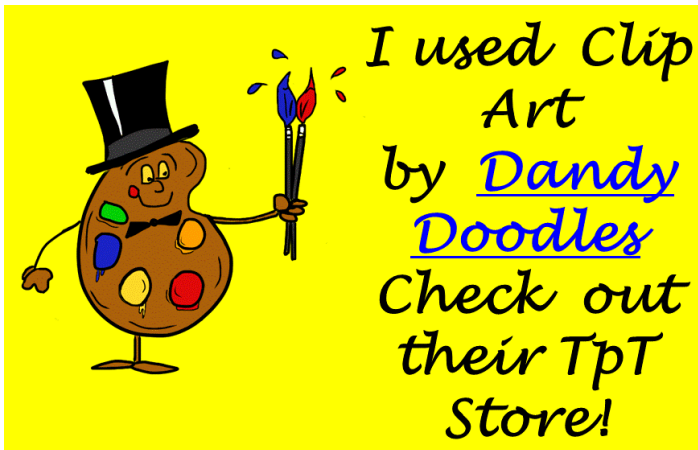


# Credits

Paula Kim Studio

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-Thank you for the flower & heart!



Dandy Doodles

-Thank you for the flowers!