

What triggered your depressed mood?

A small, empty, rounded rectangular box with a scalloped border, intended for writing a number from 0 to 10.

On a scale of 0-10, how severe was it? Write the number in the shape to the left.

How did you cope?



What could you have done differently?

What triggered your depressed mood? On a scale of 0-10, how severe was it?

How did you cope?

Is there anything you could have done differently?



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Credits

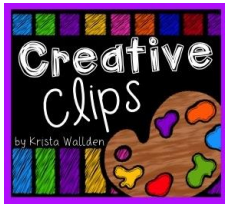
Images from Rocky Creek Studio

-Thank you for the frames



Morpho Science

-Thank you for the arrows



Creative Clips by
Krista Wallden

-Thank you for the clipart

CarrieStephensArt

-Thank you for the clipart



Dandy Doodles

-Thank you for the clipart