

## Depression – The ‘Vicious Cycle’ that Keeps it Going

People who get depressed often think in a negative way.

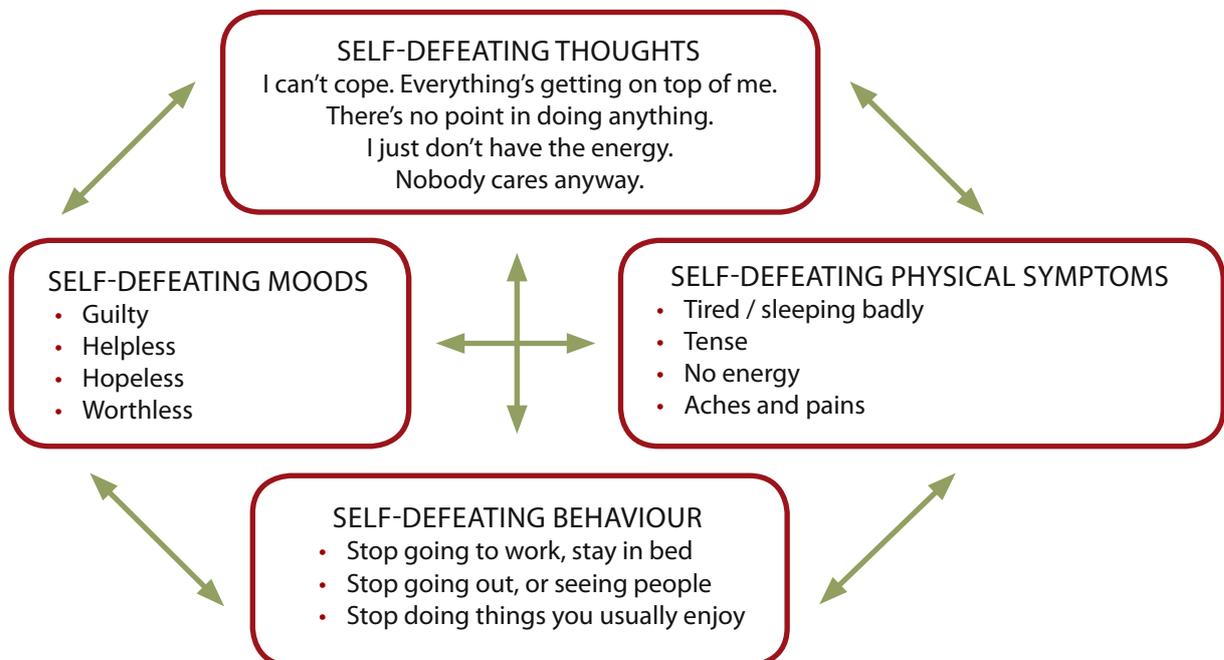


It can be difficult to tackle these negative thoughts. They are usually:

- Automatic – they just pop into your mind.
- Not true – there's no evidence for them.
- Unhelpful – they keep you feeling depressed.
- Believable – so you accept them as true.
- Persistent – it's hard to get them out of your head.

Negative thoughts can stop you from getting on with your life. You then feel even worse, and trigger yet more negative thoughts about yourself. This sets up a 'vicious cycle', which keeps the depression going.

The diagram below shows a vicious cycle in action. These cycles can often be triggered by things beyond our control, such as ill-health or stress from the outside world such as work, family or other personal problems.



Talk to your guide to work out whether you might be caught in a 'vicious cycle' like this. Your guide will be able to offer you more leaflets to help you decide how to break out of your 'vicious cycle' by making different choices about what you think, what you do and what help you might be able to get from other people.

FOR MORE LEAFLETS IN THIS SERIES GO TO [www.primarycare-selfhelp.co.uk](http://www.primarycare-selfhelp.co.uk)