

# **Depression Pattern Model©**

## Depression Pattern Model© (DPM)

The Depression Pattern Model (DPM) by Alien Algorithms Limited® is a structured, self-directed approach designed to help individuals recognize, understand, and manage their depression symptoms. By identifying patterns, triggers, and severity, users can build personalized strategies for recovery and ongoing mental health management. Whether used independently or in conjunction with the Anxiety Mapping Model (AMM), DPM empowers users to take control of their mental health journey.

### Why DPM?

If you've been feeling trapped by depression, DPM provides a clear pathway to understanding your experiences. With just a few minutes each day, you can map your symptoms, uncover patterns, and identify what triggers depressive states. It's not about instant solutions—it's about gradual, meaningful progress. Just by reading this, you've already taken the first step toward understanding and managing your depression.

### How to Get Started in 3 Easy Steps

- 1. Begin Tracking:** Record your symptoms, triggers, and feelings each day.
- 2. Review Weekly:** Look for patterns and high-intensity symptoms.
- 3. Analyze & Adjust:** Compare findings, note improvements, and adapt strategies as needed.

### Steps of the Depression Pattern Model

#### Step 1: Symptom Tracking

Understanding depression begins with consistent tracking of symptoms. This only takes a few minutes a day.

## What to Track:

**Symptom Description:** Record what you are experiencing (e.g., sadness, guilt, fatigue, long shower sessions).

**Trigger:** Identify what may have caused or worsened the symptom (e.g., social situations, stressful events, negative thoughts).

**Intensity:** Rate how severe the symptom feels on a scale of 0–10.

**Frequency:** Indicate how often the symptom occurs (e.g., daily, occasionally, rarely).

**Duration:** Note how long the symptom lasts when it occurs.

**Quick Start Tip:** Use a journal, app, or even type entries here to keep your log simple and accessible.

## Step 2: Frequency & Intensity Analysis

At the end of each week, examine your entries to identify which symptoms are most persistent and impactful.

## Organize Symptoms by:

**High Frequency:** Symptoms you experience nearly every day.

**Medium Frequency:** Symptoms that occur several times a week.

**Low Frequency:** Symptoms that happen rarely but may still affect you.

## Step 3: Trigger Identification

Understanding what triggers your depression symptoms is essential for managing them.

## **Common Triggers:**

**Social Situations:** Interactions that cause emotional pain or exhaustion.

**Stressful Events:** Loss, conflict, significant life changes.

**Negative Thoughts:** Patterns of self-criticism, guilt, or hopelessness.

**Physical Pain:** Ongoing health conditions or chronic pain.

**Isolation:** Lack of social support or prolonged loneliness.

**Environmental Factors:** Poor sleep, weather changes, or unhealthy lifestyle habits.

**Routine Changes:** Long shower sessions or changes in personal care routines.

## **Personalized Triggers:**

You can add unique triggers relevant to your own experiences.

## **Step 4: Pattern Analysis**

Once you've collected enough data, it's time to analyze the patterns.

## **Pattern Recognition:**

**Most Frequent Symptoms:** Identify what affects you the most.

**Most Intense Symptoms:** Pinpoint which symptoms are hardest to deal with.

**Trigger Connections:** See which triggers are most commonly linked to symptoms.

**Visualization Tools:** Use charts, heatmaps, or graphs to make the information easier to understand.

## **Step 5: Feedback & Adjustment**

Use what you've learned to refine your coping strategies.

### **Track What Works:**

Note which strategies help reduce symptoms and which don't.

Adjust your approach based on your findings.

Continue refining your understanding over time.

### **Personalized Feedback:**

Receive tailored suggestions based on your symptom patterns.

## **Step 6: Coping Strategy Integration**

Now that you've identified your symptom patterns and triggers, it's time to put strategies into action.

### **Examples of Coping Strategies:**

**Emotional Symptoms (Sadness, Guilt):** Journaling, cognitive reframing, mindfulness practices.

**Cognitive Symptoms (Negative Thoughts, Lack of Concentration):** Structured activities, mental exercises, mindfulness.

**Physical Symptoms (Fatigue, Body Aches):** Regular exercise, improved sleep hygiene, dietary adjustments.

**Behavioral Symptoms (Social Withdrawal, Reduced Productivity, Long Shower Sessions):** Small, achievable tasks, social connection, support groups.

## **Quick Action Plan:**

**Symptom:** “Emotional Numbness.”

**Strategy:** “Engage in creative activities and reconnect with enjoyable tasks.”

### **Step 7: Progress Tracking**

Regularly check your logs to monitor progress.

### **Visualize Progress:**

Graph symptom intensity and frequency over time.

Compare before-and-after states for specific coping strategies.

### **Review Frequency:**

Weekly summaries provide an overview of trends.

Monthly reports show long-term progress.

### **Step 8: Seek Help If Needed**

If DPM feels overwhelming or if symptoms persist, consider professional support.

Therapists, support groups, or online resources can provide additional guidance.

## Why DPM Works

**Pattern Recognition:** Provides clarity by identifying the most dominant symptoms and triggers.

**Personalized Feedback:** Tailors strategies to your specific experiences.

**Accessible and Flexible:** Effective for independent use but can complement therapy.

**Empowering:** Encourages self-awareness, growth, and ongoing management.

**Integrated Approach:** When combined with the Anxiety Mapping Model (AMM), DPM offers a more comprehensive understanding of mental health, as depression and anxiety often go hand in hand.

## Take the First Step Today

You don't need to have everything figured out right away. Just start tracking your symptoms—it's a small but powerful step. With DPM, you're not just identifying your depression; you're reclaiming control of your mental health and building a foundation for healing. By simply reading this, you've already taken your first step.

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