

# Depression Pattern Model: Printable Log Sheet

Use this worksheet to track and manage depressive symptoms using the DPM system. Includes actionable steps to take during low states.



## Daily Symptom Entry

Date: \_\_\_\_\_

Time of Day: \_\_\_\_\_

### ◆ Symptom Description

(What are you feeling or experiencing?)

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### ▶ Action:

- Name the feeling directly: "I feel \_\_\_\_\_ right now."
- Label it without judgment. Avoid "should" or "always" thoughts.
- Give yourself permission to feel without fixing it immediately.

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### ◆ Trigger

(What happened before this started?)

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### ▶ Action:

- Ask: Was this a specific moment, thought, or environment?
- Write one sentence: "This moment triggered a reaction, but I can respond differently now."
- If unknown, write: "I don't know what triggered this. That's okay."

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◆ Intensity (0–10): \_\_\_\_\_

◆ Frequency (daily/weekly/rare): \_\_\_\_\_

◆ Duration: \_\_\_\_\_

### ▶ Action:

- Rate it honestly without shame.
  - Note: "Even low numbers still matter."
  - Set a timer for 5 minutes and do one small grounding action (e.g., drink water, open a window).
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## Weekly Pattern Review (End of Week)

**Top 3 Frequent Symptoms:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Most Intense Symptom:**

\_\_\_\_\_

**Common Trigger(s) Linked:**

\_\_\_\_\_

**Noticed Patterns or Times of Day:**

\_\_\_\_\_  
\_\_\_\_\_

 **Action:**

- Highlight patterns: Do symptoms rise in the morning, evening, or after certain people?
  - Write: "Next time I notice this building, I will try \_\_\_\_\_."
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## Coping Strategy Tracker

**Strategy Used:**

\_\_\_\_\_

**What Symptom Was It For?**

\_\_\_\_\_

**Did It Help? (Y/N + How)**

\_\_\_\_\_  
\_\_\_\_\_

## Would You Use It Again? Why or Why Not?

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### Action:

- If it worked, plan to use it sooner next time.
- If it didn't, write: "This one didn't help today. That's useful to know."
- Try another from your coping strategy list or ask for support.

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## Monthly Progress Summary (Optional)

### What's Better Than Before?

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### What Still Needs Work?

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### Next Step I'm Willing to Try:

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### Action:

- Celebrate even minor progress (e.g., "I filled this sheet. That's something.")
- Choose one gentle thing to try this month — no pressure, just curiosity.

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You don't have to escape depression all at once. You only need one anchor to stop sinking. Use this sheet as your anchor.