

Judith:

So, you were able to catch some of these depressed thoughts this week, right?

Abe:

Yeah.

Judith:

So, what do you think of this idea that the way that you feel, say, for example, as you're taking a walk, or as you're with Ethan, the way that you feel is going to depend, at least in great part, as to what's going through your mind?

Abe:

I think there's truth to that.

Judith:

Yes. For example, when you thought, "I'll never get better," what effect did that have on your mood?

Abe:

It just made me depressed. Made me want to give up.

Judith:

Exactly. If you have that thought again, "I'll never get better," how would you like to answer that thought?

Abe:

Well, I guess the first thing is, that's not a sure thing, that I'll never get better anymore.

Judith:

Right. That's excellent. [writing] "That's not a sure thing." What makes you think that it might not be true?

Abe:

Because when I do stuff, I feel better.

Judith:

Exactly. So, you've really started to prove that to yourself, then.

Abe:

Yeah.

Judith:

So [writing], "I've started to prove this to myself." What was the other thought? "This isn't going to work?"

Abe:

This isn't going to work. That therapy isn't going to work.

Judith:

What would you like to remind yourself about that?

Abe:

Well, I don't want to jinx it, but it seems like, a little bit, it already is.

Judith:

So [writing], "It seems, a little bit, that it already is." That's good. All right. I got that on your Action Plan for you.

Abe: Okay.