

Chapter 12: Helpful thinking strategies to reduce depression

Chapter 14: Managing warning symptoms of hypomania or mania

Helpful thought summary: downloadable chart

Purpose of this chart: You can identify and challenge your unhelpful thinking and replace it with a more balanced and helpful perspective.

Tips for using this chart:

- Follow the steps under each heading
- Refer to the example in chapter 12 (pp. 146)
- It can be tricky to challenge unhelpful thinking and find a helpful response but this will come with practice.

For more detailed instructions and explanations about filling in this chart see pp. 146-150 for thinking associated with depression, and pp. 178 for challenging unhelpful thinking of hypomania and mania in *Living with Bipolar*.

This material is provided to support the publication of *Living with Bipolar: A guide to understanding and managing the disorder* (Allen & Unwin, 2008). All material copyright Lesley Berk, Michael Berk, David Castle and Sue Lauder. All material and advice contained therein is not intended to replace the advice of an individual's medical practitioner or counsellor.

Helpful Thought Summary

Step 1: Identify the unhelpful thoughts	Step 2: Challenge these thoughts	Step 3: Reframe these thoughts into a more helpful response
Situation	Facts and opinions	Helpful thought
Thought	Evidence for:	Helpful action
How much do you believe these thoughts (0-100 %)?	Evidence against:	How much do you now believe your earlier thoughts (0-100 %)?
How strong are your feelings in this situation (0-100 %)?		How strong are the feelings now (0-100 %)?