

STUDY FOUR WORKSHEET

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#1 Are you depressed?

Make a list of the symptoms of depression evident in your life.

Rate them in terms of their frequency/constancy and severity.

List the recent or present circumstances in your life that could predispose you to depression.

#2 What are you doing in the following areas of life to avoid depression or to cope with depression?

Nutrition:

Physical fitness:

Relationships:

Circumstances:

Self-management [time management, goal setting, self-discipline, etc]:

Biblical disciplines [Bible study, prayer, worship, fellowship]:

#3: Depression and your faith:

Describe your perception of God's sovereign control:

Describe your perception of the forgiveness you have in Christ:

Describe the role of guilt in your thinking:

Describe the peace with God you have because of Christ: