* Having a family history of depression and/or imbalanced brain chemicals
* Having anger turned inward (feeling like it is better to suffer in silence than to make someone else angry)
* Lacking assertiveness (Not speaking up for yourself or your needs)
* Having sleep problems
* Using addictive substances (including alcohol, marijuana, street drugs, possibly prescription medications, etc.)
* Comparing yourself to others (Instead, just be who you are)
* Withdrawing from social activities and support (You need regular contact with people and a deeper, trusting relationship when times are hard)
* Having a poor diet or lack of exercise
* Having too high expectations (for yourself, your family, children, job, etc.)
* Not having enough fun or humor
* Having financial stress
* Not having skills for seeking gratitude, thankfulness, contentment, or joy
* Lacking job satisfaction, feeling like you are not productive or valuable
* Having grief or loss (May be from self-blame or failing to grieve a loss)
* Having a sense of meaning and purpose (We all have a role in life)
* Modeling the depressed mood of others (If you are with depressing people, you may tend to copy them, but you can change to more positive thinking)
* Feeling overwhelmed, defeated (Lacking courage, confidence or insight)
* Having too much stress without having support
* Feeling trapped in an unhealthy relationship (You may need to adapt if you choose not to end the relationship)
* Having lived with trauma or abuse
* Having values that don’t match your actions
* Having pain or disability
* Lacking comforting spiritual connection, or unable to forgive or “let go”
* Resisting changing your thoughts (Not believing that changing yourself can change your feelings and behaviors in a very powerful way)
* Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Adapted from Coyle, B. R. (2007). Stress, anxiety and depression DVD. MyTherapySession, Inc.