
Building Your Defense

Building Your Defense is a resource to allow clients to define individual triggers to depression and brainstorm positive ways to protect or mitigate their feelings of sadness. Discuss any factors that triggered the depressed feelings. Explore how to prevent escalation and negative self-talk. Consider using some of these follow-up questions to direct and enhance conversation during the activity.

- What would this shield be made of?
 - What protective qualities would it possess?
 - Where would the client like to carry or use this shield?
 - What is it like after the shield has been used?
 - How does the client feel after using the shield?
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Building Your Defenses

In the "Trigger" box, draw or write about an event or thought that causes you to have depressed feelings. Next, imagine if you could insert a shield to protect yourself from experiencing these feelings, and draw or write these protective elements on the shield. In the last box, draw or write what would happen next.

TRIGGER

SHIELD

OUTCOME