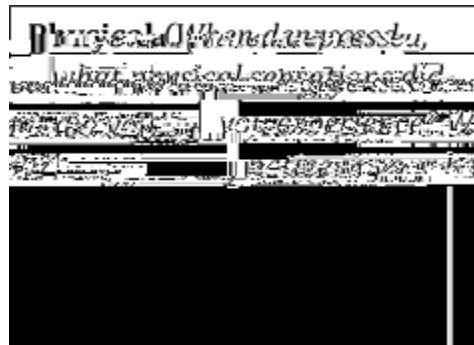
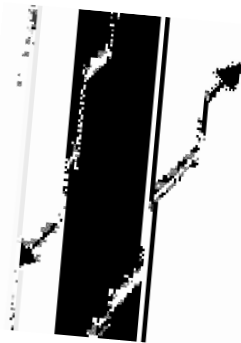


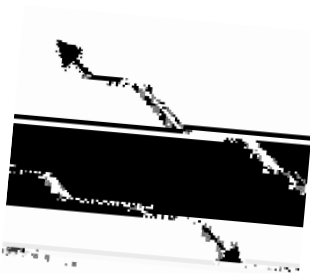
Situation *(When? Where? What? With whom?)*

Schemas:



Emotional *(What emotions came up for you when you felt depressed?)*

Cognitive *(What went*



Behavioral *(What was your first*

