

CBT Skills for Depression - Progress Checklist

Use this checklist to track your progress. Check off each activity as you complete it.

37 activities across 11 steps

Step 1: Understanding Depression

Days 1-5

- ☐ Depression Education ([Video](#))
- ☐ Depression and Others ([Video](#))
- ☐ Recognizing a Crisis in Yourself ([Video](#))
- ☐ Track Your Mood ([Reminder](#))

Step 2: Depression and Your Brain

Days 5-10

- ☐ What is CBT? ([Video](#))
- ☐ My Experience ([Reflection Journal](#))
- ☐ Small Changes, Big Impact ([Video](#))
- ☐ One Small Step ([Reflection Journal](#))

Step 3: Taking Action

Days 10-15

- ☐ Daily Habits and Mood ([Video](#))
- ☐ Behavioral Activation ([Video](#))
- ☐ Activity Planning ([Video](#))
- ☐ Your Behaviors ([Reflection Journal](#))

Step 4: Setting Goals

Days 15-20

- ☐ SMART Goals ([Video](#))
- ☐ My SMART Goal ([Reflection Journal](#))
- ☐ How Is It Going? ([Reflection Journal](#))

Step 5: How You Talk to Yourself

Days 20-23

- ☐ Self-Compassion ([Video](#))
- ☐ Talking to Yourself ([Reflection Journal](#))

CBT Skills for Depression - Progress Checklist (continued)

Step 6: Thoughts and Feelings

Days 23-26

- ☐ The ABC Model ([Video](#))
- ☐ ABC Worksheet ([Practice Worksheet](#))
- ☐ ABC Check-In ([Reflection Journal](#))

Step 7: Practicing the ABC Model

Days 26-30

- ☐ Examples of the ABC Worksheet ([Video](#))
- ☐ ABC Worksheet ([Practice Worksheet](#))
- ☐ ABC Reflection ([Reflection Journal](#))

Step 8: Expanding the Model

Days 30-35

- ☐ Adding D and E ([Video](#))
- ☐ ABC Worksheet ([Practice Worksheet](#))
- ☐ ABCDE Reflection ([Reflection Journal](#))

Step 9: Spotting Thought Traps

Days 35-40

- ☐ Cognitive Distortions ([Video](#))
- ☐ Five Thought Traps ([Reading](#))
- ☐ Spot Your Distortions ([Reflection Journal](#))
- ☐ Problem Solving for Depression ([Video](#))

Step 10: Challenging Your Thoughts

Days 40-45

- ☐ Checking In on Your Goals ([Reminder](#))
- ☐ Challenging Beliefs ([Video](#))
- ☐ Challenge a Belief ([Practice Worksheet](#))
- ☐ Belief Challenge Reflection ([Reflection Journal](#))

Step 11: Putting It Together

Day 45

- ☐ Relapse Prevention ([Video](#))
- ☐ Your CBT Toolkit ([Video](#))
- ☐ Looking Back, Moving Forward ([Reflection Journal](#))