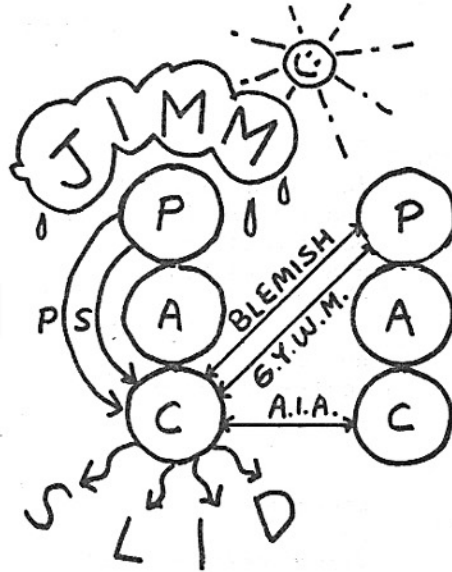


THE GET-WELL-OF-DEPRESSION CHECK LIST



Instructions: This checklist explores the concept "there is no depression, only depressing situations." Please circle applicable situations occurring during the past three months. Use a double circle for emphasis. Date sheet and compare in one year.

1. "AIN'T IT AWFUL" Your friends are:

broke	lonely	mistreated
ailing	failing	flailing
maladjusted	negative	overwhelmed
deserted	desperate	deprived

2. "GEE YOU'RE WONDERFUL MURGATROYD" Murgatroyd has more:

happiness	freedom	options
success	lovers	possessions
admiration	connections	support
good looks	knowledge	money

3. "BLEMISH" You're told that you are:

lazy	crazy	sick
stupid	bad	ugly
too old, too young	untrustworthy	egotistical
inadequate	rigid	frigid
laughable	disgraced	smelly

4. JOB There is/are:

more work	more frustration	more supervision
more politics	more pettiness	more personnel problems
less strokes	less security	less staff
less pay	less interest	less opportunity

5. INJURY Physical problems including:

assault	accidents	chronic pain
vision	hearing	memory loss
medical	surgical	dental
special care	incapacitation	artificial devices

6. MONEY Financial stresses, such as:

unpaid bills	decreased income	unexpected expenses
spending sprees	debts/loans/taxes	bounced checks
credit cards over limit	savings depleted	rent increases
auto repair	robbery/swindles	bankruptcy

(over)