Teen Depression Steps

Safety. Mood. BA. Schedule. Thought. Sleep. Connect. Log. Bridge.

Name: _____ **Date:** _____

1. Safety sort

Crisis or harm now?
Pause. Get help.

2. Name mood + rate

Low, flat, heavy,
numb. Rate 0-10.

3. BA basics

Avoidance shrinks
life. Small move
first.

4. Pleasure-mastery

One enjoyable + one
accomplishment.

5. Schedule it

When, where, how long.
Put it on paper.

6. Thought check

Sticky thought?
Evidence? Fair next
step?

7. Sleep + routine

Wake time, wind-down,
one routine brick.

8. Social connect

One low-pressure
reach-out or hang.

9. Log and bridge

Log practice. Bridge
to safety tools.

Tip: small scheduled moves beat waiting to feel ready.

Safety: if you or someone else is in danger, stop and get help. US: 988 · HOME to 741741 · 911

Educational only. Not a diagnosis. Prefer a safety plan in acute crisis.

Original layout by Lotus & Tulip, based on teen depression skill practice. A practice tool, not therapy.

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My Depression Plan

Mood. Rating. BA step. Schedule. Thought. Sleep. Connect. Check-back.

Name: _____ **Date:** _____

Mood I notice today (low, flat, heavy, numb, empty):

_____

Scene (where / when): _____

Mood name + rate (0-10):

_____

Behavioral activation step (smallest next move that fits values):

_____

_____

Pleasure + mastery picks (enjoyable / accomplishment) + thought check:

_____

_____

Schedule + sleep/routine + social connect:

1. When / where / how long: _____
2. Sleep / routine brick: _____
3. Social connect plan: _____

Chosen plan + check-back time:

_____

What I will try if mood dips mid-plan:

_____

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Depression Practice Log

Seven days of mood, BA steps, schedules, and connection.

Name: _____ **Date:** _____

Day / date	Mood / rating	BA / schedule	Connect / sleep	Reflect / note
1.				
2.				
3.				
4.				
5.				
6.				
7.				

Teen mini card (cut out and keep)

Mood today: _____ Adult I tell: _____

Safety · Mood · BA · Schedule · Thought · Sleep · Connect · Log

Small scheduled moves beat waiting to feel ready.

If unsafe: stop and get help. US: 988 · HOME to 741741 · 911

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