

Getting Started

Introduces the user to Cognitive Behavioral Therapy (CBT) and how the Thoughts, Feelings and Behavior (TFB) Cycle can be a useful tool in understanding depression.

Understanding Feelings

Focuses on the 'feelings' component of the Thoughts, Feelings and Behavior (TFB) Cycle in Depression. This module also addresses the physical body reactions associated with depression and the importance of lifestyle choices.

Boosting Behavior

Focuses on one of the core issues of depression – inactivity and a lack of motivation. Helps the user to identify ways to motivate themselves to engage in pleasurable activities that provide a

Spotting Thoughts

Focuses on the 'thoughts' component of the TFB cycle and introduces the user to negative thinking and its impact on mood.

Challenging Thoughts

Focuses on taking action against negative and distorted thoughts. Introduces Hot Thoughts and their impact on their low mood. The user learns techniques to tackle thinking errors.

Core Beliefs (Unlockable Content)

The Core Beliefs module was developed to specifically target the deeply-held core beliefs that are the underlying root of unhelpful thoughts. This module helps the user to identify healthy and unhealthy core beliefs, teaching them strategies to challenge core beliefs and generate more balanced core beliefs.

Bringing It All Together

This module brings all module topics together and provides a space to reflect on what concepts from the program may continue to be useful in the future.



Space from Depression

MODULE	KEY TOPICS	GOALS	TOOLS
Getting Started	<ul style="list-style-type: none"> Applying Cognitive Behavioral Therapy to depression The Thoughts, Feelings and Behaviors (TFB) Cycle 	<ul style="list-style-type: none"> Learn about the role of TFB in depression Learn about CBT 	<ul style="list-style-type: none"> Understanding My Situation Mood Monitor activity Staying In The Present (Breath Audio)
Understanding Feelings	<ul style="list-style-type: none"> Understanding emotions and their function Physical reactions and mood Lifestyle choices 	<ul style="list-style-type: none"> Learn about emotions and their role in the TFB Cycle Recognize emotions that are difficult to cope with Recognize physical body reactions Explore the impact of lifestyle choices 	<ul style="list-style-type: none"> TFB Cycle Lifestyle Choices Chart Staying In The Present (Body Scan Audio)
Boosting Behavior	<ul style="list-style-type: none"> Behavioral traps in depression Increasing activity level Helpful and unhelpful supports Getting motivated The importance of achievements & pleasurable activities 	<ul style="list-style-type: none"> Learn about the link between mood and behaviors Improve knowledge of common behavioral traps and how to beat them Recognize the importance of pleasurable activities & achievements in boosting mood 	<ul style="list-style-type: none"> Activity Scheduling: Pleasurable Activities & Achievements Staying in The Present (Mindful Eating Audio)
Spotting Thoughts	<ul style="list-style-type: none"> Automatic thoughts and mood Distorted thinking and thinking errors Catching unhelpful thoughts 	<ul style="list-style-type: none"> Learn about the role of thoughts in depression within the TFB Cycle Recognize negative automatic thoughts Understand and recognize thinking errors 	<ul style="list-style-type: none"> TFB Cycles Staying In The Present (Watching Thoughts Audio)
Challenging Thoughts	<ul style="list-style-type: none"> Hot thoughts Challenging negative thoughts Tackling thinking errors Coping with difficult situations 	<ul style="list-style-type: none"> Learn about hot thoughts and how to recognize them Learn to challenge negative thoughts Learn how to overcome specific thinking errors 	<ul style="list-style-type: none"> Identifying Hot Thoughts In The TFB Cycle Generating More Balanced Thoughts In The TFB Cycle Staying In The Present (Watching Thoughts Audio)
🔒 Core Beliefs (Unlockable Module)	<ul style="list-style-type: none"> Identifying core beliefs Challenging core beliefs Balancing core beliefs 	<ul style="list-style-type: none"> Improve understanding of core beliefs and where they come from Learn how to challenge core beliefs by finding evidence Learn to balance core beliefs using balanced alternatives 	<ul style="list-style-type: none"> Core Beliefs: Identifying, Challenging, Balancing, Strengthening
Bringing It All Together	<ul style="list-style-type: none"> Warning signs and planning for wellness Preparing for the future Preparing for relapse 	<ul style="list-style-type: none"> Recognize the importance of social support in staying well Identify warning signs Plan for staying well Set SMART goals for the future 	<ul style="list-style-type: none"> Staying Well Plan SMART Goals Taking Stock Staying In The Present (Sounds Audio)