



Mind Calm Therapies
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Worksheet to accompany the Book Summary “Smashing Depression” by Terence Watts

1. Grounding Anchor

Pause for 2 minutes. Breathe slowly and say to yourself:

Inhale: “I am here.”

Exhale: “I am safe, for now.”

Notice the ground beneath your feet.

2. Name the Thought or Feeling

What dark thought or feeling is most present right now?

(Example: “I can’t cope”, “I am worthless”, “It’s hopeless.”)

3. Dialogue with the Inner Critic

If that thought had a voice, what would it say?

What does it believe it’s protecting you from?

4. Spot the Hidden Belief

Beneath that voice, what core belief does it reveal?

(Example: “If I fail, I don’t deserve love.”)

5. Challenge and Reframe

Ask yourself:

- Is this belief completely true?
 - What evidence contradicts it?
 - What could a kinder, more balanced belief sound like?
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6. Small Act of Agency

Identify one small action you can take right now to shift your energy.

(Examples: drink water, open a window, send a message, walk outside.)

7. Reconnect with the True Self

Imagine your most authentic self — calm, wise, loving — writing to your depressed self.

What would it say?

(Example: “You are still here. You have worth, even when you can’t feel it.”)

8. Safety and Support Plan

List two people you can reach out to (name and contact).

List one professional resource or helpline you could use if needed.

How to Use This Sheet:

- Keep it somewhere accessible.
- Complete it slowly, without forcing insight.
- Revisit it whenever you feel overwhelmed.
- Remember: progress comes from small, consistent acts of awareness and care.