

Worksheet 4.8 Three Bad Memories (Rashid, 2008) Instructions

Memories can be very powerful. Indeed, memories of the past often affect us in the present. This is true regardless of whether those memories are good or bad. Please think about three bad memories from your past and write about those memories below. We will discuss this assignment further at our next therapy session.

Bad memory number 1:

How does this memory impact you in the present? Do you feel anger, sadness, or other symptoms of depression as a result of such memories? Please write out your thoughts on these questions here:

Bad memory number 2:

How does this memory impact you in the present? Do you feel anger, sadness, or other symptoms of depression as a result of such memories? Please write out your thoughts on these questions here:

Bad memory number 3:

How does this memory impact you in the present? Do you feel anger, sadness, or other symptoms of depression as a result of such memories? Please write out your thoughts on these questions here: