

START HERE *

My homework
is late again

I always
mess things up

I'm just going to skip
class. What's the point?

Now I'm not
ready for
the test. My
teacher thinks
I'm a loser.

DOWNWARD

SPIRAL OF

DEPRESSION & ANXIETY

I'm a
failure.
I'm quitting
school.

Sadness.
Isolation.
Hopelessness.

Pride. Hope.
Optimism.

I did it! I'm proud
of myself.

UPWARD

I am trying.
That's what
counts. I'm
going to
study for
1 hour.

CYCLE OF

SELF-EMPOWERMENT

That was
helpful! It's
still hard, but
I feel better.

I'm going to meet with
the teacher after school.

This is a hard class
for me. I need to get
some extra help.

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