Questionnaire | Reviewing what I have already done to help

Use this tool to look at actions you have already taken and decide whether or not they are helpful.

ACTIONS	I'VE TRIED THIS		IT WORKS		
	Yes	No	Always	Sometimes	Never
Ask the person how I can help					
Offer to bring them to the GP, Counsellor, Therapist or other appropriate health professional					
Arrange activities and outings to make them feel better					
Tell them how worried I am about them					
Point out that someone we both know had depression, got help and is now better					
Learn as much as I can about depression/bipolar, e.g. through reading, attending lectures and looking at the Aware website					
Talk to other people who care about them and see if they can do something or tell me what to do					
Scream, plead and/or cry					
Go silent and/or ignore					
Write a letter expressing just how much I care and explaining that if they cared about me they would do something to help themselves					
Contact their GP or medical professional and ask for help as to what I should do next					
Point out how their mood or behaviour is impacting on me and other people who care					
Force them to go places with me					
Pray					
Worry					
Compare them to how they used to be and wish they were like that again					

Bottle up how I feel / pretend that their mood or behaviour is not impacting on me / quietly blame myself for not doing enough					
Take responsibility for their moods and behaviours					
Notice when their mood/behaviour has changed and tell them					
Live in dread in case they harm themselves or someone else					
Make a real effort to notice what is going well and draw attention to it					
Get on with my own life regardless of their mood and behaviour					
Wait for the day when they will be better so that I can then relax and get on with my own life					

FURTHER QUESTIONS

How many of these actions have you already done?	NUMBER:
How many of them have worked?	NUMBER:

HOW MANY OTHER THINGS HAVE YOU DONE THAT WERE NOT ON THE LIST?	IT WORKS		
	Always	Sometimes	Never
I'VE TRIED:			
I'VE TRIED:			
I'VE TRIED:			