

## The Grey Dog



Sometimes we all feel sad and often we don't know the reason why we feel this way. Imagine all your sad thoughts and negative emotions are following you as a grey dog. Draw a picture of this dog and next to it write down all the sad things in your life.

The underlying issues - tick what applies to you:

- I feel worthless.
- Something happened in the past that I can't "get over".
- I hate my parents sometimes.
- I don't feel supported by my family.
- I don't feel supported by my friends.
- I feel really sad because of: \_\_\_\_\_
- I feel guilty.
- I feel mad and angry.
- I feel jealous.

What emotional pain are you hiding? \_\_\_\_\_  
\_\_\_\_\_

What do you really think of yourself, if you were truly honest? \_\_\_\_\_  
\_\_\_\_\_



If you give the grey dog a treat (such as a smacko) or a positive thought the grey dog wags his tail! ☺ What positive things can you say about yourself today? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Counselling Notes: The Grey Dog

**Description:** This worksheet is designed to help clients identify their sad feelings and identify why they might be feeling sad.

**Ages:** 6 years+

### Ideas for use:

- Once the client is able to identify and then externalise their sad feelings they are more likely to have a greater insight into their moods.
- After the client can identify why they are sad, they can then take steps to improve their mood.

### Possible Counselling questions:

- Do you think that everyone sometimes has a grey dog in their life?
- How often do you have sad thoughts?
- What have you tried to cheer yourself up?
- Do you think it is possible to always be happy?
- Why do people get sad?
- Is it ok to feel sad sometimes?

### Other worksheets to explore in this series:

- The Pit
- Your life and how you feel about it
- Overcoming the Blues

### Useful Information:

- The Black Dog Institute – The Black Dog Institute is an educational, research, clinical and community - oriented facility dedicated to improving the understanding, diagnosis and treatment of mood disorders.
  - See: <http://www.blackdoginstitute.org.au>
- Beyond Blue – great fact sheets and information for parents and teenagers.
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### Books:

- *Taming the Black Dog* – Bev Aisbett
  - This book is a simple guide to managing depression. This book is a unique blend of wit, information and practical tips for sufferers of depression and anyone with a fit of 'the blues'.
- *Journeys with the Black Dog* – Edited by Tessa Wigney, Kerrie Eyers and Gordon Parker
  - Inspirational stories of bringing depression to heel.
- *When Nothing Matters Anymore: A Survival Guide for Depressed Teens* – Bev Cobain.
  - This is a survival guide and great resource for teenagers with depression. The author Bev Cobain is cousin to Kurt Cobain, who was the lead singer of the rock band Nirvana when he took his own life in 1994.
- *What to Do When You're Sad & Lonely: A Guide for Kids* – James Crist.