## Whether you're happy or depressed, you have a roughly equal number of positive and negative thoughts

```
"I'm glad I did that"
"I always lose"
"I should have done better""That was fun"
"I enjoyed that"
"Nobody likes me"
"It was nice to be with them"
"What a waste of time"
"You did alright" "You're a failure"
"They were great"
```

## But being depressed is like having negative glasses on - you only pay attention to the negative thoughts

"I always lose"
"I should have done better"

"Nobody likes me"

"You're useless"

"What a waste of time"

"You're a failure"