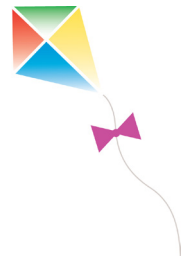


# Checklist: Identifying the vicious circle of unhelpful behaviour in families and friends.



As a friend/family member, are you:	Tick here if you have noticed this – even if just sometimes
Becoming overly protective of the person - wrapping them in cotton wool?	
Taking over all responsibility from the person? For example, making all the important decisions, or trying to control every aspect of their life.	
Taking over all activities they used to do, so they don't have to 'worry' about them?	
Not allowing the person to be upset or distressed?	
Having a go at the person from time to time - through frustration or anger?	
Becoming so focused on the distressed person that other people's needs aren't met? For example, your own or other family members such as children are overlooked	
Depending on or needing the sufferer to be well and functioning? (So that they aren't allowed to be unwell)	
Making snap decisions about important issues? For example, resigning a post to look after the person	
Automatically advising the person not to try certain treatment approaches because of your fears that it may do harm?	
Undermining or criticising healthcare practitioners? (Because they haven't been able to find a cure)	
Helping the person avoid doing things because of fears about what harm might result? For example, taking over going to shops, or taking on all the driving. (This then further undermines their confidence)	
Constantly reassuring the person to allay their anxious fears?	
Constantly asking about how they are? (Which unhelpfully draws attention to illness)	
Introducing the person as 'X, who has this problem', rather than just by their name? For example, you have started seeing the symptoms not the person	
Speaking for/over the person in social settings, or in hospital outpatients, etc.? For example, you tell their story rather than them	

# Family and Friends Checklist: Identifying the vicious circle of avoidance



As a friend/family member, are you:	Tick here if you have noticed this – even if just sometimes
Completely avoiding asking about anything to do with depression?	
Avoiding talking to anyone else about your friend or relative's symptoms or about how they are coping?	
Putting off all decisions until the person is better. For example, putting holidays or other life plans completely on hold	
Not really being honest with others or with your friend or relative. For example, saying 'Yes' when you really mean 'No'?	
Trying hard to avoid situations that bring about upsetting thoughts/memories?	
Brooding over things and therefore no longer living your own life to the full?	
Avoiding discussing how you yourself are feeling or coping?	
Avoiding people/isolating yourself from others?	
Avoiding expressing concerns about how children in the family are doing if there is a clear problem here? If there is, it's important to make sure the care that is needed is given.	
Avoiding being assertive about your own needs?	
Avoiding going out in public either by yourself or with the person you are supporting?	
Avoiding being at home: keeping so busy that you don't have to think about the problem?	
For partners/spouses: If you are the person's partner/spouse, are you avoiding sex or physical intimacy? Perhaps you have fears of causing over-exertion or harm? Or perhaps you're not sure whether this would be imposing/inappropriate or not wanted at present?	

**Q. Am I avoiding things in other ways?**

**Write in here how you are doing this if this is applicable to you.**