

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."

"I enjoyed that."

"That was fun."

"Nobody likes me."

"You're useless."

"It was nice to be with them."

"What a waste of time."

"You did alright."

"They were great."

"You're a failure."

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."