

Navigating Depression: Visualization & Journaling Exercise

Created in collaboration with licensed psychotherapist [Andrea Wachter, LMFT](#)



[Healing Session For Depression](#)

Suffering from **depression** can feel isolating and overwhelming, like being lost at sea. Many people feel stuck, alone, and consumed by self-criticism when they're depressed. But it is not their fault, and there are empowering pathways to relief.

Imagine that you are in the "sea" of depression and there are two harbors nearby: one is the harbor of depression. The other is the harbor of hope. This worksheet will guide you to pause, look around, and consider which harbor you are closest to today.



Reflection Prompts

01

Imagine Your Sea. What does your personal "sea of depression" look like?

Is the water calm, stormy, or somewhere in between?

Are you swimming, treading water, floating, or in a boat?

Do you feel alone, or do you feel like there are supportive tools or people nearby?

02

The Harbor of Depression

What kinds of thoughts, behaviors, or habits keep you stuck in depression?

Are you swimming, treading water, floating, or in a boat?

03

The Harbor of Hope. Now picture the harbor of hope.

What tools, practices, or people live in the harbor of hope?

What kinds of thoughts or feelings do you associate with this harbor?

Are there people here holding signs? What do their signs say?

What has helped (or could help) you take even a small step toward the harbor of hope?

04

Comparing the Two Harbors

How do you feel when you're near each harbor?

Which harbor have you been closer to lately?

What makes the journey toward the harbor of hope easier or harder?

05

Taking Action

What's one small action you can take this week to move you closer to the harbor of hope?

When you feel pulled toward the harbor of depression, what can you reach for instead?

Creative Exercise

Draw, sketch, collage, or describe the two harbors. No artistic skill necessary. Let your imagination lead.

- What does each harbor look like?
- Who or what is on each harbor?
- Where are you in relation to each harbor right now?
- What is one small thing you can do or think that would bring you a little closer to the harbor of hope?
- What can you remind yourself the next time the waves of depression rise?
- Who or what helps you remember that the harbor of hope is real and reachable?

Gentle Reminder

Each time you choose a supportive thought, a small act of care, or a moment of connection, you swim closer to hope. You don't have to be perfect. You don't have to get there overnight. Just keep going, one compassionate stroke at a time. You are not alone in the water. You are not without options. There is always a harbor of hope.

Explore more:



[8 Tips To Overcome Depression](#), talk by Andrea Wachter



[Depression Relief Tools](#) playlist