Cognitive Behavioral Therapy (CBT)

CBT is a treatment for depression.

You may experience depression after a stroke. It can feel like:

- You feel sad most of the time
- You feel hopeless
- Your feelings are dulled
- Your motivation is low
- You sleep and eat too much or too little
If you have depression:

• Medicine can help.
• A therapist can help you using CBT.
• Medicine and CBT together is best.

CBT works by changing how you think about problems.

Thinking about aphasia:

• **Not helpful:** “I won’t be able to speak like I used to. No one will want to talk to me.”

• **More helpful:** “With hard work, I can get better. I will be able to communicate again.”
Thinking about social situations:

• **Not helpful**: “I’m afraid that people will make fun of me. I can’t do this.”

• **More helpful**: “I can start with easier situations and build my confidence.”

Thinking about the future:

• **Not helpful**: “I’m afraid that I will never get better.”

• **More helpful**: “I can focus on getting a little better every day.”
If you have depression:

- A therapist can help you feel better.
- A doctor can help you find a therapist.

If you are depressed, don’t wait. There is hope, and you can get better.