

HEALING OF EMOTIONS - III

"Overcoming Depression"

(Frustration, anxiety, anger, bitterness)

I. PREVALENCE OF DEPRESSION

- A. America's number one health problem.
 - 1. More suffer from depression than all other emotional problems put together
 - 2. Depression leading cause of suicide
 - a. Tenth leading cause of death in America today
 - b. Second leading cause of death among college students
 - 3. Occurs twice as often in females; three times as often in higher socio-economic groups
- B. Depression covers wide spectrum of behavior--from mild swing of mood to psychosis
 - 1. Impaired behavior - listlessness, lack of enthusiasm, lack of initiative, lack of productivity
 - 2. Mental illness - out of touch with reality (compare neurosis with psychosis)
 - 3. Self-destructive behavior
- C. Anyone can be depressed - everyone will be to a certain degree in their lifetime.
 - 1. Cain - *"Why are you angry? And why has your countenance fallen?"*
 - 2. Elijah
 - 3. Jonah
- D. Some may be only temporary

II. HAPPINESS IS A CHOICE - DEPRESSION IS A CHOICE

- A. Abraham Lincoln - *"Most people are about as happy as they choose to be."*
- B. Why choose unhappiness or depression?
 - 1. Ignorance of Word of God
 - 2. Choose on purpose
 - a. Punish self - feel you deserve it
 - b. To manipulate others
 - (1) Attention-seeking behavior (self-pity)
 - (2) To punish others or to get even
 - 3. Choose happiness but not obtain it
 - a. Seek for inner peace and joy in wrong places
 - b. Seek for happiness in materialism
- C. Unconscious motives for depression revolve around emotion of anger-repressed anger--holding grudges against self, others, and God

III. SYMPTOMS OF DEPRESSION

A. Sad Affect (Moodiness)

1. Sad facial expression; looks depressed
2. Cries often or feels like it
3. Looks tired, discouraged, and dejected
4. Gradually loses interest in personal appearance
5. Inappropriate smile to hide depression

B. Painful Thinking

1. Ruminates a great deal over past mistakes
 - a. Often feels guilty when not
 - b. Feels at fault when blameless
 - c. Worries excessively over wrongs of past
2. Thoughts are debasing (negative self-concept)
3. Exaggerated view of his problems
 - a. Blames self
 - b. Blames others as wallow in self-pity
4. Blue, sad, helpless, worthless, hopeless
5. Unhappy and pessimistic; future is gloomy
6. Feels rejected and unloved
7. Lacks motivation and interest in activities previously involved in
8. Becomes indecisive

C. Physical symptoms

1. Bodily movements decrease
2. Quality of sleep affected
3. Appetite affected
4. Loss of sexual interest
5. Tension headaches
6. Gastro-intestinal disturbances
7. Rapid heartbeat
8. Prefer to have physical illness to save face--no one wants to be mentally sick

D. Anxiety or agitation - irritability

E. Delusional Thinking (out of touch with reality)

1. Notions of persecution (people out to get them)
2. Grandiose assumptions
3. Auditory and visual hallucinations
4. Psychotic depression

IV. CAUSES OF DEPRESSION

A. Not bad genes--but can have predisposition to depression which is triggered by precipitating stress occurrence

B. Result of irresponsible action or holding grudges

1. Irresponsible handling of guilt and anger
2. Roots of depression pent-up anger
 - a. Toward self

(1) Anger turned inward

- (2) Leads to true or false guilt
 - (a) True guilt an uncomfortable awareness that one has violated a moral law of God
 - (b) False guilt a feeling of guilt for something God and his word in no way condemn
 - b. Toward others
 - (1) Grudges
 - (2) Usually unconscious; don't want to admit
- C. Perfectionistic personality (Obsessive-compulsive)
 - 1. No flexibility
 - 2. Everything has to be perfect
- D. Loss of something meaningful
 - 1. Death of loved one
 - 2. Divorce
 - 3. Loss of promotion on job
- E. Excessive grief - Five Stages of Grief
 - 1. Denial
 - 2. Anger turned outward
 - a. Sometimes toward the one lost
 - b. Sometimes toward God
 - 3. Anger turned inward
 - a. Guilt over anger toward others and God
 - b. Begins to ruminate over mistakes of own--feel could have done something differently--which could have led to loss
 - 4. Genuine grief
 - a. Weeping over significant loss is human and godly
 - b. Not grieving can lead to a low-grade depression that can last for many years
 - 5. Resolution
 - a. Rather brief after working through previous stages
 - b. Knowing these stages does not prevent grief reactions; simply helps individual speed through stages with less fear.
 - c. Normal for every human to suffer temporary grief reactions from time to time
- F. Blow to self-image
 - 1. Rejection
 - 2. Unfulfilled goals
 - 3. Self-defeating behavior--alcoholism
- G. Adjustment reactions
- H. Attacks by Satan
- I. Wrong priorities
 - 1. Relationship with God
 - 2. Meet needs of family
 - 3. Meet needs of others

- J. Fatigue - overextended physically and emotionally
- K. Extended illnesses

V. PRIMARY SOURCES OF EMOTIONAL PAIN --BASIC NEEDS OF MAN

- A. Lack of self-worth
- B. Lack of intimacy with others
- C. Lack of intimacy with God

VI. DEPRESSION IN MID-LIFE

- A. Those who don't fulfill goals may become angry with selves and become depressed
- B. Depression in women
 - 1. Fear of losing her looks
 - 2. Fear of losing mate
 - 3. Fear of losing her children through leaving home
 - 4. Lose the attention husband given her in earlier years
- C. Depression in men
 - 1. Expressed in inappropriate sexual behavior
 - a. To prove not losing youth, attracted to younger female
 - 2. Expressed in increased use of alcohol or weight gain

VII. OVERCOMING DEPRESSION

- A. Two major tasks to accomplish in helping depressed person
 - 1. To persuade person to give up depression and to seek happiness
 - 2. To persuade person to commit his life to the correct course for obtaining inner love, happiness, and peace
- B. If Christian, will get rid of grudges before sundown, very little depression
- C. May have ups and downs; experience normal griefs
- D. Must change "can'ts" to "won'ts"
- E. Living by principles of Word of God
 - 1. Results in fruit of Spirit
 - a. Love rather than pent-up anger and bitterness
 - b. Joy, rather than depression
 - c. Peace rather than anxiety
 - 2. Primary step to overcoming is to utilize resource we have in Christ
 - 3. Non-Christians can't choose righteous paths--does not have power to stay out of depression.

VIII. SEVEN BASIC GUIDELINES FOR HAPPY, FULFILLING, AND MEANINGFUL LIFE (Based on great commandment and help to

three basic human needs---self-worth, intimacy with others, meet intimacy with god)

- A. Commit life daily to glorifying Jesus
 - 1. Thank God every day

2. Pray that you will be beneficial to others
 3. Pray for self-control to overcome temptations
 4. Ask for forgiveness for mistakes
- B. Spend time each day meditating on God's Word and applying it to your life.
1. Must reprogram our brain to God's way of thinking
 2. Wrong programming causes us to be negative in our thought patterns throughout the day.
 3. Causes us to worry constantly
 4. Causes us to be filled with self-doubt and criticism
 5. Causes us to doubt our personal relationship with God
 6. Causes us to question our relationship with and acceptance by other people
 7. Critical and negative thinking reinforces depression
- C. Get rid of grudges daily
- D. Spend a little time each day getting more intimate with mate and children
1. Resolve family conflicts
- E. Spend some time each week having fellowship with Christian friends of the same sex
1. Spend time with married couples
- F. Become involved with daily routine (work, play, housework, projects) that brings personal satisfaction to you
1. Set aside daily time for intimacy with God
 2. Time for personal mental health
 - a. Relaxation
 - b. Exercise
 3. Time for intimacy with mate
 4. Time for children
 5. Time for ministry
- G. Do something nice for one special person each week