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## Special Edition: A Guide to Depression

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What is your first thought? She can't mean A Guide to Depression!

Yes I do.

I am going to give you the directions to DEPRESSION since all of the directions to happy have not helped most of you.

With the sales of Prozac and other mood altering drugs (including marijuana, alcohol and other street drugs) at record highs there is obviously a problem with happiness in the United States.

My default is happy. So I know what I must be doing if I am not happy. Here is what will guarantee unhappiness.

Depression: A strange feeling that comes over you for no reason that you can pin point; a feeling you do not want to have and cannot get rid of easily; a place in your mind where you don't want to be. A place where you have found yourself and you do not know how you got there.

*Compare the following definition of sad to depression and see if one of the reasons to be sad isn't the reason for your depression.*

Sad: A feeling of sorrow from loss; separation from loved ones or missing a loved one who has moved away or died. Being unjustly accused of wrongdoing. Being abused mentally, emotionally or physically.

*Sadness always has a reason.*

*Depression has a hidden reason. And that is what you must discover but first let us look at the road to Depression.*

## Directions to Depression

- Lusting after someone else's life or things. "I wish I had this or that." *My rule: I never want what I can't have.*
- Thinking about what I did not do or did not get rather than what I did do and what I did get. *My rule: Always be happy with what you got or did rather than what you did not get or do.*
- Going places where I do not want to go; being with people with whom I do not want to associate. *My rule: Tell the truth about what you really feel and what you really want to do. Do say no when you mean no, but in a nice way.*
- Having to stay up when I am tired whether it is day or night. Going hungry for too long. *My rule: drink water when I am thirsty, eat when I am hungry and sleep when I am tired.*
- Being with people who put me down: verbally or with dirty looks or their bad feelings towards me or by all three abusive treatments. *My rule: As soon as I find out that I am not respected or wanted I leave and do not look back.*
- Talking in my mind about conversations "he said or she said" while trying to discover the reason why someone mistreated me. *My rule: jealousy cannot be understood; anger cannot be understood; dictators or tyrants cannot be understood; gossipers, criticizers, superior or arrogant people cannot be understood; those who will not defend you: the I agree with everyone or I only believe what I want to believe cannot be understood so walk away or spend no more time with or thinking about these people.*
- Time—there is not enough time. There is too much to do in too short a time. *My rule: Always be happy with how much I accomplished in the day. Look back and smile. Look forward and see the tasks for tomorrow done and then go to sleep.*

First stop the cycle of depression by learning how to stop your *mind talk*; it is only then that you can think or listen to what is said to you. Depression is born in the mind: it is either in the present or the past. If it is in the present become aware of your situation, of your thoughts and change them. If it is from past abuses, abandonment, or unjust punishments say to your subconscious mind "I know why I feel depressed." After saying this and concentrating on it be aware of your

dreams or a sudden thought that answers your statement with the truth of why you are depressed. Now with the truth revealed by your subconscious mind you can make headway toward healing. With drugs you will make no headway—you will remain stuck forever until you decide to change.

Second, have a ready list of the places you like to be, the activities you are happy doing and the people who make you happy. Go and do these things with these people and if they are not available make sure you have happy things to do alone. *My rule: if I am not happy I sew, design something—anything, I write, I play the piano, I read a mystery novel or a romance novel. My Happiness is my responsibility and I take it seriously.*

Read an entire chapter on how to stop your mind talk in, *Unraveling Your Past to Get Into the Present* written by:

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