

## LECTURE #23

### DEPRESSION

#### INTRODUCTION

-- Ranking first in the list of 20th century American problems is marriage. Close second is depression.

-- Defined: Depression is that debilitating mood, feeling or air of hopelessness which becomes a person's excuse to \_\_\_\_\_ from \_\_\_\_\_.

That means...

1. \_\_\_\_\_ is not depression.
2. Being \_\_\_\_\_ is not depression.
3. Being down and \_\_\_\_\_ is.

-- Realize the importance of dealing with depression in the Church ministry.

-- The question is asked in our day, "Is it a \_\_\_\_\_ problem?"

#### **I. HOW TO IDENTIFY DEPRESSION.**

A. Use the Personal Data Inventory.

-- moody, often blue, serious, shy, introvert, easy-going, quiet, self-conscious, lonely, sensitive

-- nervous, impatient, impulsive, excitable, imaginative

B. Look for Halo Data.

-- "\_\_\_\_\_ the \_\_\_\_\_" attitude, air of hopelessness (he will try to convince you it's no use)

-- may cry easily, sighs, looks down, sits motionless

-- general drooping of face muscles, unkempt appearance

-- seldom laughs

-- physical slowdown (there are \_\_\_\_\_ effects of depression)

C. Consider complaints or \_\_\_\_\_ Data (information they give us).

-- tired often, don't sleep well or sleep much; go to bed tired and \_\_\_\_\_  
tired; never enough time to get things done

-- backaches, headaches, loss of appetite (occasionally may overeat, sleep  
as an escape, sex as an escape, is running from problems)

-- slavery to habits; talk about problems but do not act on them  
Psalm 32:3 - 4; 38:4 - 6; Prov. 14:30

(Fatigue is increased by worry about unfinished tasks, lack of sleep,  
overeating, dieting, drugs, dread of work, etc.)

## II. SEPARATING THE PRESENTATION PROBLEM FROM THE PERFORMANCE PROBLEM.

A. Consider the \_\_\_\_\_ Problem.

1. This is their understanding of the problem that they give you.

Example: "I'm tired most of the time. I cry a lot. I'm nervous. I never  
get anything done. My husband just doesn't understand me and yells at  
me."

2. Note: This information is presented by the counselee as the \_\_\_\_\_  
of the problem. The counselor must see this as the \_\_\_\_\_ rather  
than the cause. The immediate temptation is to roll up the sleeves and  
seek solutions to the information first given rather than to dig deeper. To  
do so would only provide short term assistance to the troubled person.

B. Consider the \_\_\_\_\_ Problem.

1. After hearing the counselee's \_\_\_\_\_ of the problem, the  
counselor must sort through the information and learn the counselee's  
performance.

2. Example: "I've stopped work", "The ironing is undone", "Dishes are in  
the sink", "I'm not preparing meals anymore", "My husband is yelling".

3. Here is some of the \_\_\_\_\_ of depression. Her performance has  
ceased to be right. Her \_\_\_\_\_ consequently are not right.

C. Consider the \_\_\_\_\_-conditioning aspect.

1. How far back does the problem extend? How deep are the habits?

Example: "I started tapering off on my housework three years ago."  
Discouraged in her marriage, she formed an "I don't feel like it" approach to her work. Now only talks about problems, but lives by feelings.

### III. EXAMPLES OF DYNAMICS OF DEPRESSION SEEN IN CAIN.

Cain went on a downward spiral in sin...

- A. He \_\_\_\_\_ God (3-5).  
Result: God rejected his offering.
- B. He got angry and \_\_\_\_\_ (5b).  
Result: God gave him the opportunity to change (6-7).
- C. He \_\_\_\_\_ his brother and lied about it (8).  
Result: God judged him (9-12).
- D. He became \_\_\_\_\_ (13-14).  
Result: God demonstrated mercy (15-16).

Lessons about depression...

1. The depressed person is not a "\_\_\_\_\_."
2. The depressed person is a \_\_\_\_\_ person.
3. The depressed person can reverse the spiral by God's \_\_\_\_\_.

### IV. HOW TO HELP THE DEPRESSED PERSON.

- A. Explain the \_\_\_\_\_ of depression and how they lead into the downward spiral.

Note Cain's example.

- B. Replace old habits (preconditioned program of life) with \_\_\_\_\_ habits.
- C. Reverse the \_\_\_\_\_.
1. \_\_\_\_\_ - no matter how we feel (John 13:17; James 1:25, Luke 9:23)

Don't have to feel like it . .

Don't have to like it . . .

2. Get others (husband, neighbors) to encourage you and to watch for \_\_\_\_\_ for not doing.
3. If you get behind, allow yourself no \_\_\_\_\_ until you get caught up.(TV, visits, etc.)
4. Find a neighbor or friend to work with you.
5. Studiously avoid all daydreaming, TV watching and self-pity parties. When you see this developing - get to work.
6. Address yourself to the real cause of these down feelings and \_\_\_\_\_ about it.
  - a. Define problem.
  - b. What does the Bible say to do?
  - c. When, where, how do I begin?
  - d. How do I schedule to finish?

## V. WHAT ABOUT THE SO-CALLED MANIC DEPRESSED PERSON?

-- A strange behavior which goes from the extreme of \_\_\_\_\_ to the extreme of being \_\_\_\_\_.

- A. Bizarre behavior is often used as a \_\_\_\_\_ to throw others off the track.
- B. \_\_\_\_\_ solutions are often used by the depressed to attempt a recovery.
  1. Elation as an overcorrection (reaction - etc.).
  2. Elation as a solution.
  3. Elation as a denial.
  4. Elation as a frantic straw grasping.
  5. Elation as one part of a way of life (pendulum living).

## VI. HOW NOT TO HANDLE DEPRESSED PERSONS

Paul Huston: Handbook of Psychiatric Therapies (p. 230-231)

- A. Only be \_\_\_\_\_.

-- Amounts to nothing more than patting and holding the hand of the depressed. It says in effect that God has no answers.

B. If the patient has thoughts of hostility and guilt, the counselor is to \_\_\_\_\_ them.

-- This tells the depressed that the counselor cannot help them, that he does not understand the depth of the problem.

C. Note: Both A and B fail to treat the counselee as \_\_\_\_\_ before God and thus removes \_\_\_\_\_. When hope is gone, the depression leads to despair and then to suicide.

The Biblical approach is to give \_\_\_\_\_, not supportive hand-holding, by plotting for him a Biblical course, and give hope by assuring him God has the answer in His Word (not minimizing his problem). What God \_\_\_\_\_, He provides \_\_\_\_\_ for.