

THE PSYCHOLOGY OF DEPRESSION

Feelings of depression are caused by *self-blame*, *self-pity* and *other-pity*.

Self-Blame

No one makes you psychologically depressed. You do that by the things you say to yourself.

You are not worthless even if important people in your life reject you.

Doing badly never makes you a bad person — only imperfect. You have a right to be wrong.

Guilt is created in two steps: a) You do something bad and b) you decide you're awful.

Never blame yourself for anything. Instead, admit your responsibility for wrongdoing.

Self-blammers are grandiose in the sense that they judge themselves more harshly than they judge others who commit similar errors.

You can always forgive yourself since you are a) imperfect b) ignorant or c) disturbed.

Separate the rating of your behavior from the rating of your self.

Self-Pity

You don't have to have everything you want. The world was not made just for you.

Not getting your way is only disappointing or sad—not the end of the world.

Count your blessings.

You have put up with disappointments all your life; you can tolerate this one too.

Other-Pity

Caring for others is mature. Over-caring is neurotic.

All the pain you feel for the suffering of others does not relieve them of the slightest pain.

Healthy detachment by you helps others face up to their self-defeating behaviors.

You won't get burned out as a helper if you don't break your heart over others.