



# Tracing Depressive Responses

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Purpose: Better understand how you respond and relate to depression.

## Depression Exercise #2

Think of the most recent time you became down and depressed. Recall that incident and go through the following questions.

- 1) What were you depressed about? Describe the situation. List any depressive thoughts that went through your mind.
  
- 2) What were the symptoms and consequences from being depressed? Also state the duration.
  - a) Physical
  - b) Emotional
  - c) Spiritual
  
- 3) Were there any relationships affected from your depression? If so, how? Were they healed?
  
- 4) What did you doubt about God or His ways during your time of depression?
  
- 5) What promises of God would have helped you if you remembered or believed them?
  
- 6) Write down one or two related Bible verses that remind you of the truths about the Lord's involvement in your life when you begin to get down.
  
- 7) What helped restore hope to your life?
  
- 8) What have you learned so that you can better handle the temptation to prevent yourself from going into depression the next time around?

If you took medication for the depression, please state what and how long. Also note any side effects.