



# Preventing Depression

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Purpose: Better understand how depression and discouraging moods enter and impact your life.

## Depression Exercise #3

Our real goal is to avoid depression rather than just to escape it. Besides praying, there are things we can do. Depression most often starts off as disobedience. This disobedience might derive from neglecting one's responsibility and becoming overwhelmed. Or it can come from being greatly disappointed in oneself when things do not work out the way you expected. Your confidence was on a person or program rather than in God. This worksheet helps you to develop certain observational skills needed to avoid depression. It is usually best to start with the middle column.

### START OF DEPRESSION

