



Learning the Downward Cycle to Depression

Paul J. Bucknell

Purpose: Equip one to identify and share the steps down to depression.

Depression Exercise #5

Depression does not just happen. It is a process. Mood swings can heighten your awareness of these discouraging thoughts, but it still is a process. Certain things happen that slowly strip away your hope.

Study this *Path Down to Depression* and learn the 5 Ds. Our goal is for you to master them so that you can recognize them in yourself and share them with others as you have opportunity. For example, if you see someone that is down or depressed, you might say to them, "I once heard a talk on the 5 steps down to depression. Would you be interested in hearing them?" Combine the five steps with your own experiences and insights to present how the Lord through Christ and forgiveness tries to keep us from entering depression's darkness.

• The Path Down to Depression

Study the 5 'D' words and the two associated things that often are associated with them. Turn to page 8 of the reading to better understand each of them. On the back, fill in the blanks by memory!

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|----------------------|---|
| 1. Disobey | 1) Neglect something
2) Become irresponsible |
| 2. Defensive | 1) Hardened
2) Refuse to change |
| 3. Despair | 1) Overwhelmed by neglect
2) Don't see a way out |
| 4. Dejection | 1) Accusation becomes self-accusation
2) "I am no good." |
| 5. Depression | 1) Resignation to failure
2) Thoughts of suicide |

Pointers to keep in mind

- Ask God to help you encourage a depressed person.
- Look out for that person and keep praying.
- Share one or more points from the Path Down to Depression chart.

The Path Down to Depression

Disobey	Neglect something Become irresponsible
Defensive	Hardened Refuse to change
Despair	• Overwhelmed by neglect • Don't see a way out
Dejection	Accusation -> Self-accusation "I am no good."
Depression	Resignation to failure Thoughts of suicide



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- Fill in *The Path Down to Depression* chart from memory (See other side).

1. 1)

2)

2. 1)

2)

3. 1)

2)

4. 1)

2)

5. 1)

2)

Your Personal Insights

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