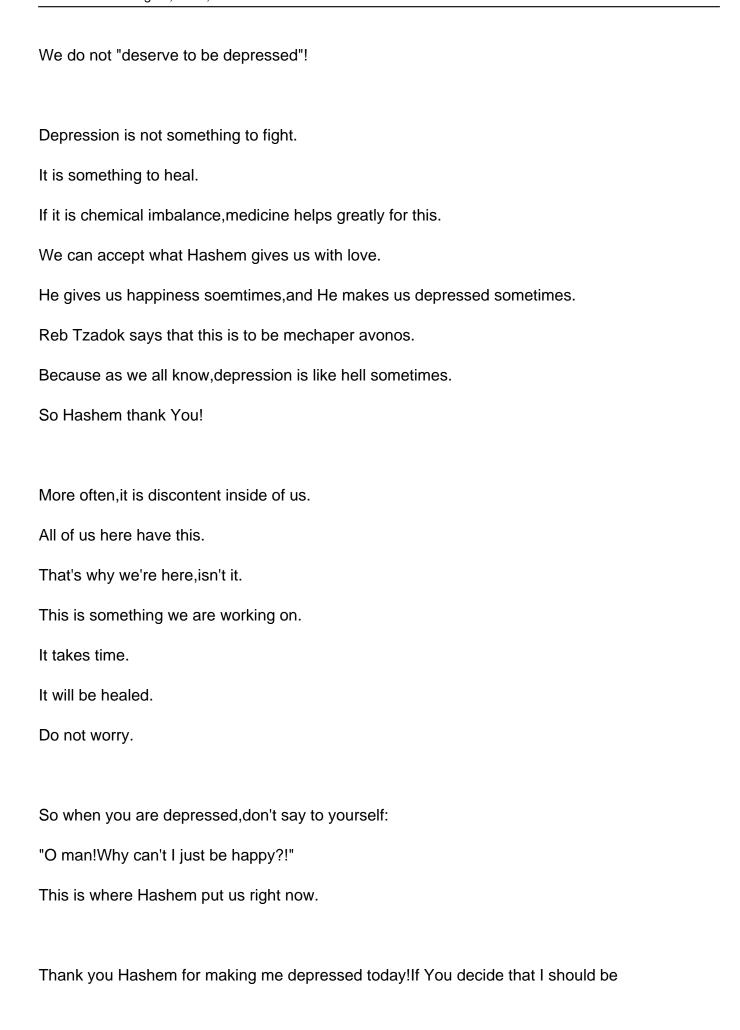
GYE - Guard Your Eyes Generated: 29 August, 2025, 09:21

Got Depression? Posted by jerusalemsexaddict - 30 Sep 2009 21:06
All of us here,or at least most of here, struggle greatly with depression.
We are depressed that we are depressed.
And we are depressed that we are in this cycle of depression.
Firstly,I would like to clarify a major misconception.
Many think that we are depressed cause we are sinning.
Our neshama is depressed. Therefore we are depressed.
This is not true.
I strive to serve Hashem as much as I can (for the most part)
I still suffer greatly from depression.
Depression can come from several reasons:
1)Chemical imbalance-This happens.Some people are just biologically prone to be depressed
2)Emotional discontent-Lack of feeling of security and the occurrence of bad circumstances.
There are obviously more reasons, but these are two major ones that I think are the basic reasons for depression for people like us here at the forum.
We are not to blame for our depression!
We are not bad people!



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Re: Got Depression?

Posted by Sturggle - 13 Oct 2009 13:39

kutan shel hachabura wrote on 06 Oct 2009 01:05:	
The above statement is endorsed by the AMA.	
;D	
k,	
just saw this for the first time	
you bet!	
problem is i live in I not A	
=======================================	
Re: Got Depression? Posted by kutan - 22 Oct 2009 22:11	
sturggle wrote on 13 Oct 2009 13:39:	
problem is i live in Loca A	
problem is i live in I not A	
That of course is not a problem.	

problem is that I live in A.
Just ask 7up.
oy lerasha oy lesh'chaino.
(ouch that one still hurts).
=======================================
Re: Got Depression? Posted by kanesher - 23 Oct 2009 02:43
As far as consulting with a mental health professional - often when it comes to meds it depend what we're looking for, often levhavdil just like asking a Rav. The general mehalech is to use meds to stabilize, and then use therapy to cure; even if it's not a chemical issues, meds can be very useful because they buy breathing space before people, say, jump off of a cliff. There is a concept of a pure chemical issues, like another mental illness that has zero to do with one's state of mind - like manic-depressive, but like Uri said, even if it's not meds still have a roll.
You use all weapons in this battle.
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Re: Got Depression? Posted by kutan - 26 Oct 2009 19:35
Coffee works wonders for me.
My wife can tell how many cups I've had that day, depending on the mood.

GYE - Guard Your Eyes Generated: 29 August, 2025, 09:21 k Re: Got Depression? Posted by bardichev - 26 Oct 2009 19:43 WHAT IS DEPRESSION?? ==== Re: Got Depression? Posted by kanesher - 26 Oct 2009 19:48 BDS, bard, BDS ==== Re: Got Depression? Posted by coby613 - 03 Nov 2009 02:19 Glad someone started this thread. It is a subject I am usually afaid to approach. I have been depressed possibly since age 6 or 7. I remember having to take a semester off second grade because of what I now know were anxiety attacks. At 15 I was molested and raped and that led to a continuing struggle with homosexuality. I believe that I am in no way gay yet this struggle, coupled with the natural depressive tendancies and all external factors make me very cynical and I do not really enjoy life very much. I'm glad that this thread was started to help people like me. Thank you battleworn.

Re: Got Depression?

Posted by the guard - 03 Nov 2009 22:57

-INH