

Dareto beyou

For women who want their mission on earth and a
heart-centred way to be it

9 alternative definitions for depression

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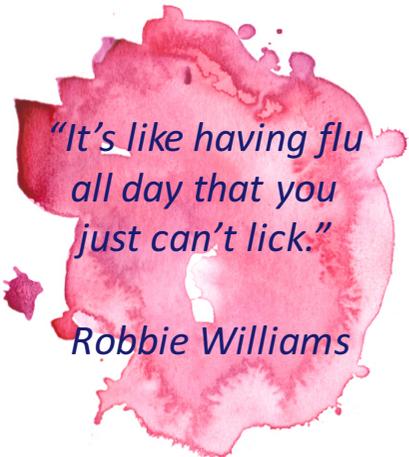
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9 alternative definitions for depression:

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1. 'Living Dead'

... is how it feels when you're depressed rather than feeling 'alive'. Numbed out, dead or empty inside with no enthusiasm or get-up-and-go



*"It's like having flu
all day that you
just can't lick."*

Robbie Williams

2. Hell-on-wheels

Nobody, but nobody, who hasn't experienced depression has the slightest idea of what it's like. It is indescribable except through metaphors, pictures. And my clients usually feel the idea of 'hell-on-wheels' is spot on.

3. Part of the human condition

What if depression wasn't seen as an 'illness'? What if it was seen as just another human experience?

It seems absolutely reasonable to use the bleak place of depression as a means of coping with very difficult things and loss or trauma of all kinds. A crazykind of coping, I know. But, hey, I didn't create this system!

We humans drive ourselves on relentlessly whatever's going on. We use stimulants and chemicals like caffeine, alcohol and drugs to keep us going. Then, at some point, the inevitable happens. We crash and depression takes over to make us stop.

And, for some, the crash happens almost immediately after the adverse event. This can be inside as well as outside our self.

4. A personal growth opportunity

Clients often say to me, “I want to get back to the old me.” But it’s impossible to get back to same-old-same-old-me. ‘Me’ is already being changed due to the experience of depression. And, if you’re willing, it can change you for the better.

For example, however awful depression is, just getting through it can teach you resilience skills. Your bounce-back-ability for whatever hits you in life!

And, by embracing depression, it offers an opportunity for you to find and develop some of your potential. For example, confidence, assertion, compassion, creativity. The next step in your personal evolution always hides in depression’s shadows!

5. A dis-ease

Being uneasy with your self, and/or others or the world. The dis-ease was there before you became depressed. You just weren’t aware of it. Depression draws your attention to it and the chance to find out what your dis-ease is about.

6. A crisis of meaning and purpose

So you thought you knew what was important to you in life and then... BOOM! All or most of what you believed to be true no longer fulfils you or feels right. It can be tough when you realise you might be on the wrong path.



“Resilience is all about being able to overcome the unexpected”

Jamais Cascio



*"What we achieve
inwardly will
change outer
reality"*
Plutarch

But the 'wrong' path always leads to the 'right' path. And, as you recover, you can find what meaning and purpose in life is right for you then. But, hey, one step at a time. Your current purpose is recovery from depression. That's your life's work and all you need to do for now.

7. Facing up to the reality of life

In depression you can feel there's no point to life. It's without colour and enjoyment. So, maybe your depression is telling you the truth. Caught like a rat on a wheel, if you don't change your life, this is how it will always be.

If you run away from depression it will run away with you!

8. The dark night of the Soul – Saint John of the Cross

In Christianity, the phrase refers to a spiritual crisis in the journey towards union with god. It's when you and your life feels totally barren, without love, without light, without joy.

I've felt this most when I've been suicidal; feeling cast out from humanity and disconnected from my Soul... Or oomph, or whatever you call your essence.

Paradoxically, through this experience...

9. Your Soul is trying to get your attention...

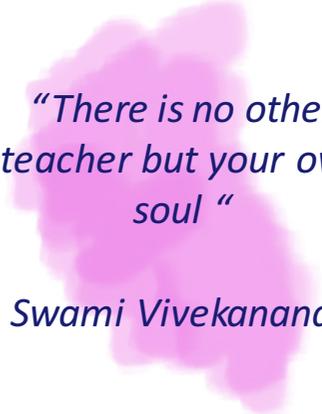
... to see the 'thing' it's trying to teach you for your personal development. Your Soul might have tried several times to have a conversation with you about it. But, did you listen? Did you heck! So, this time, with the severity of a tsunami, it's using depression to get your attention.

Soul; a spark of the divine within, the spiritual part of you separate from your physical being, the essence of who you are rather than what you are.

Soul is your inner Sat Nav which knows exactly what and which way is right for you or not right for you. It wants you to hear what it knows so you can live in line with what's right for you rather than keep smashing against a wall.

I encourage you to start listening. Sit still and be quiet. Focus down into your belly and relax your body. If you hear, see or sense anything negative, ignore it. That's just the anti-life, depression gremlins doing their dastardly work. It's not the voice of your Inner Wisdom, the messenger of your Soul.

If you hear nothing, keep sitting in the stillness... and see. Maybe some message will come, in any form, logical or illogical... or not. Either way, it's OK. Keep practicing.



*“There is no other
teacher but your own
soul “*

Swami Vivekananda

Here's an example of the Soul at work. I hadn't actually intended to write this book. In fact, I had completed the first draft of another book. Then I went to a publishing event. I stood up when it ended and, like a download from the internet, a loud voice in my head said, "You are writing the wrong book. Write a book on Depression instead!"

Oh no! My business was going in one direction in line with the draft manuscript I'd just completed. Now my Inner Wisdom tells me to go in another direction entirely.

After a bloody and big battle with my Soul, I did the only sane thing. I surrendered! At the time of writing I have no clear idea where my business is going with this new direction and new book. But, hey, I'll find out along the way.

If you align yourself with what's right for you, the how-what-why unfold somewhere down the line!



10. *Your own definition*

Famously, Sir Winston Churchill called the recurring depression he experienced his 'black dog.' You might have your own definition or 'pet' name for the depression you experience. And, as your definition is as valid as anyone else's, please write it down right here right now!

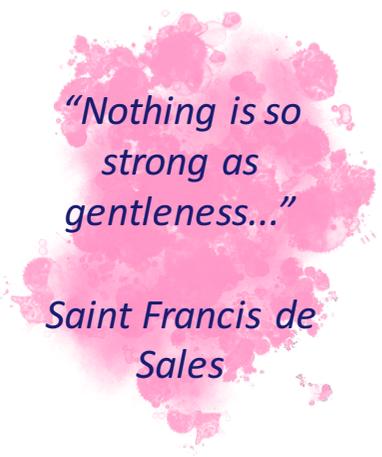


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And, to get your Morning Inspiration, an early morning inspirational message every day, sign up [here](#).

Finally, thank you for downloading these definitions. Feel free to invite other people you think would be helped by it to download it for themselves, with my thanks.

Go well and gently...

A handwritten signature in black ink that reads "Shawn". The signature is written in a cursive style and is underlined with a single, long, sweeping horizontal stroke.A decorative graphic consisting of a cluster of pink watercolor splashes of varying sizes and opacities, creating a soft, textured background for the text.

*"Nothing is so
strong as
gentleness..."*

*Saint Francis de
Sales*

*“Even after all this time,
The Sun never says to the Earth,
‘You owe me!’
Look what happens
with a love like that.
It lights the whole sky.”*

- Shams-ud-din Muhammad Hafiz (c 1320-1389)

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