

Causes of Depression

When a person can effectively separate from that part of themselves called 'depression' then healing can occur.

1. Repression of Emotions. Suppressing negative emotions suppresses positive ones also.
2. Not **having effective means of releasing Accumulative stress and strains** of life as we go.
3. Loss of life - Family, loved ones or close friends. Loss of possessions, pets and other.
4. A bio-chemical imbalance in the body due to potentially many factors.
5. Isolation, separation or feeling like an outcast. No real connection with others or self.
6. Unresolved events from the past, eg: Loss of a family member/Abandonment by a parent.
7. Over-reliance of external pleasures to bring **Happiness** – this may create highs and lows.
8. Lack of a **sense of control in life**, over a long period of time. *The spring winds down.*
9. Inadequate *Light in the Tunnel* – no future Vision. We can learn how to **Light a Candle**.
10. Being a 'Caretaker' – when you give to everyone else except yourself – leads to burnout.
11. Lack of **expression of Anger, Fear, Guilt or Sadness** (in particular).
12. An absence of a **significant Purpose in life** – often shows upon 'empty nest'/ retirement.
13. Habituated negative thinking leading to negative feelings over the long haul.
14. Trying to control everything in life. Best to **control what we can** and **then accept !** 😊
15. Being overly identified with worry. **There are tools and techniques to overcome worry.**
16. Not **allowing ourselves to feel** our pain/ hurts. It is important to do so in order to 'Heal'.
17. A protracted feeling of being stuck in life and not knowing what to do to **change things**.
18. A lifetime of trying to please everyone – it simply can't be done. **Love yourself.**
19. Waiting for people, circumstances and the world to change in order to **be happy.** 😊
20. Not **attending to Self-care**, having some fun and fostering loving relationships.
21. Low Self Esteem often emanating from past trauma, programming and modelling.
22. Being too hard on oneself (and others) for too long. Eventually the Psyche gives up.
23. Not **taking responsibility** for our life situation, thus being rendered 'powerless'.
24. Being in a 'dead' relationship for the sake of the kids. (controversial)
25. Not **being our Authentic Self**, eg: not *engaging our Passion* in fear of losing 'security'.
26. Not living according to the natural laws of nature, eg: unchecked 'workaholism'.
27. Not **Accepting change** within ourselves, other people or the world we live in.
28. Failing health. Even then, some people have **found Meaning in suffering**.
29. Inability to cope with life. Individuals have 'created' a mental disorder to avoid Life.
30. Living a life without a **connection with a Higher Power**, a Spiritual foundation.

I have worked with many clients with depression and have found that if a person is willing to face their Present Reality, Release their Past and Habituate new Behaviour they can become drug and depression free!

*With Compliments ... Jeff Allen ... Ph 0412 737 065
Success and Mind Coaching*

www.successandmind.com.au jeff@successandmind.com.au