

# DEPRESSION

Modern medicine states that the cause of depression is a chemical imbalance in the brain. We do not dispute that an imbalance may indeed be present, but let us try to understand how this came to be and to find the cause. As with all other physical illness, the dysfunctional cells in the brain are being affected by our psychological concerns. There is a specific type of thinking and a belief pattern that brings this condition on. Because of these types of thoughts, our natural serotonin levels start to deplete, causing the brain's imbalance from psychological stress, resulting in depression.

## **The Belief that Causes Depression**

The line of thought that we find when dealing with clients suffering from depression is: **"Why Bother?"**

The person suffering will stop setting major goals in one or all areas so their life ... because of the fear of failure.

Some symptoms commonly presented:

1. Life has not met the expectations of the individual's wishes. The big goal/dream is just not happening. Life has not gone to plan.
2. Individuals may have had a series of disappointments and obstacles that have prevented them from achieving a major goal.
3. The individual believes it is pointless and even painful to look forward optimistically.
4. That in some way they, or someone else, is to blame for this crisis in their life.
5. The individual believes that in one or all areas of life it is pointless setting goals.