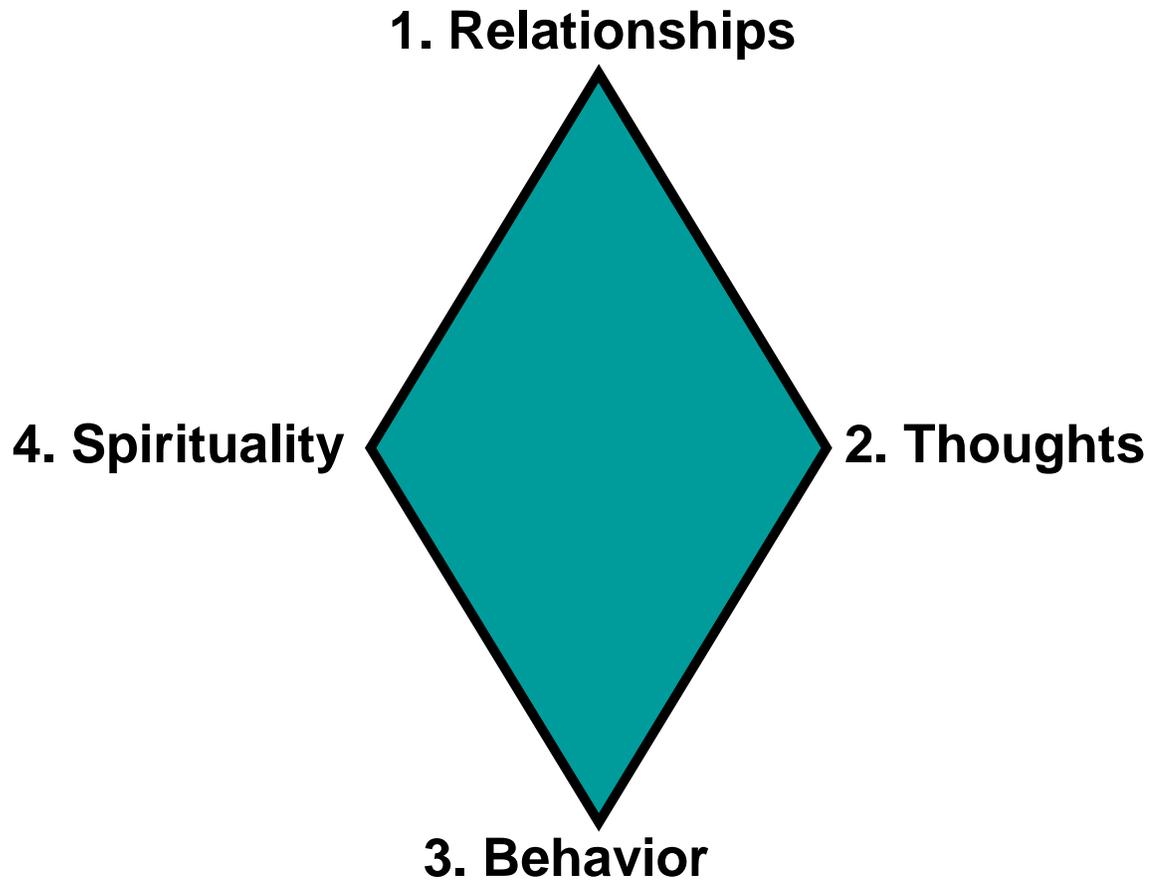
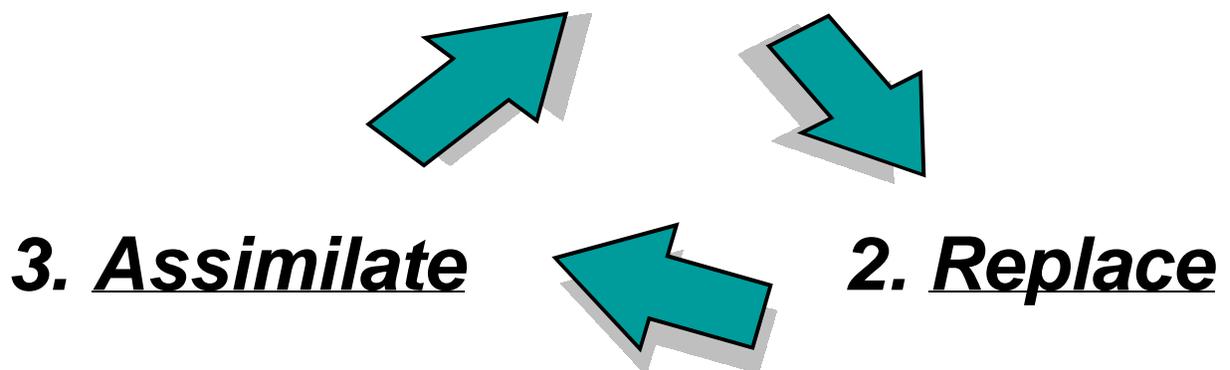


4-Phase Model for Awareness and Change

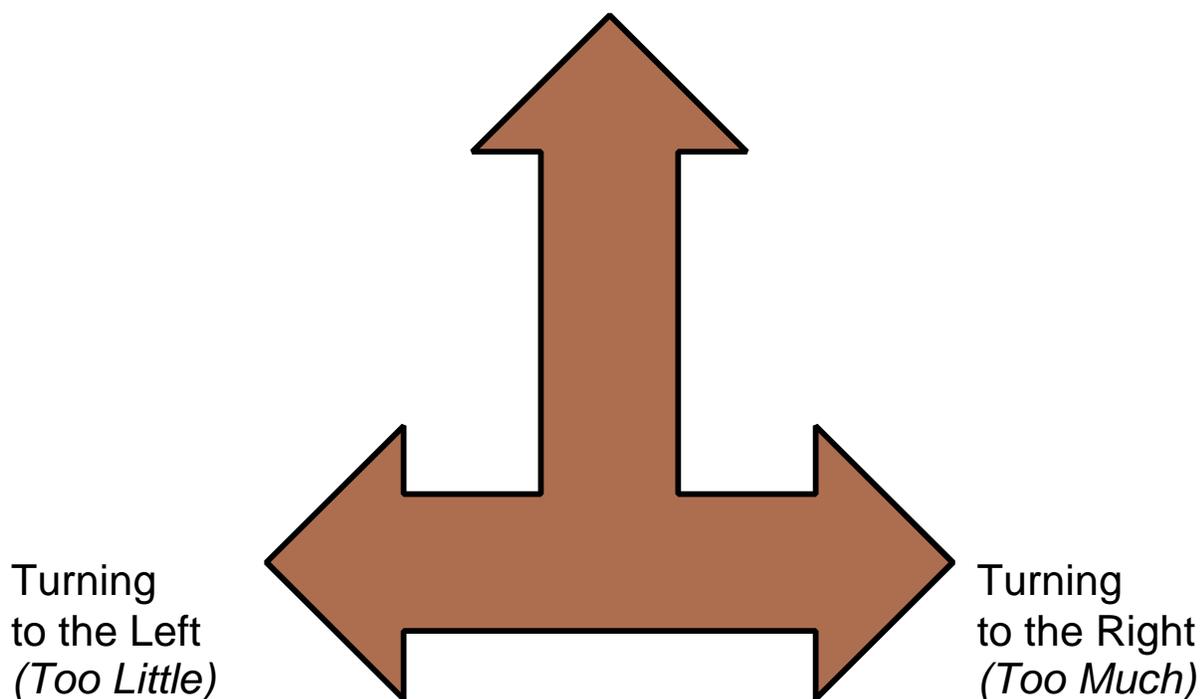


1. Identify



Three Possible Paths:

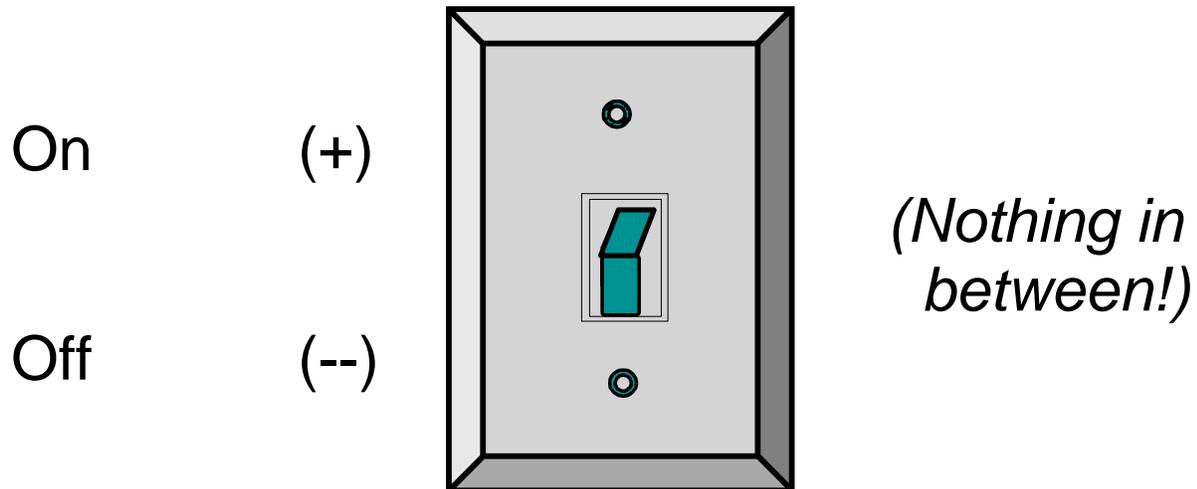
The Straight
and Narrow Path



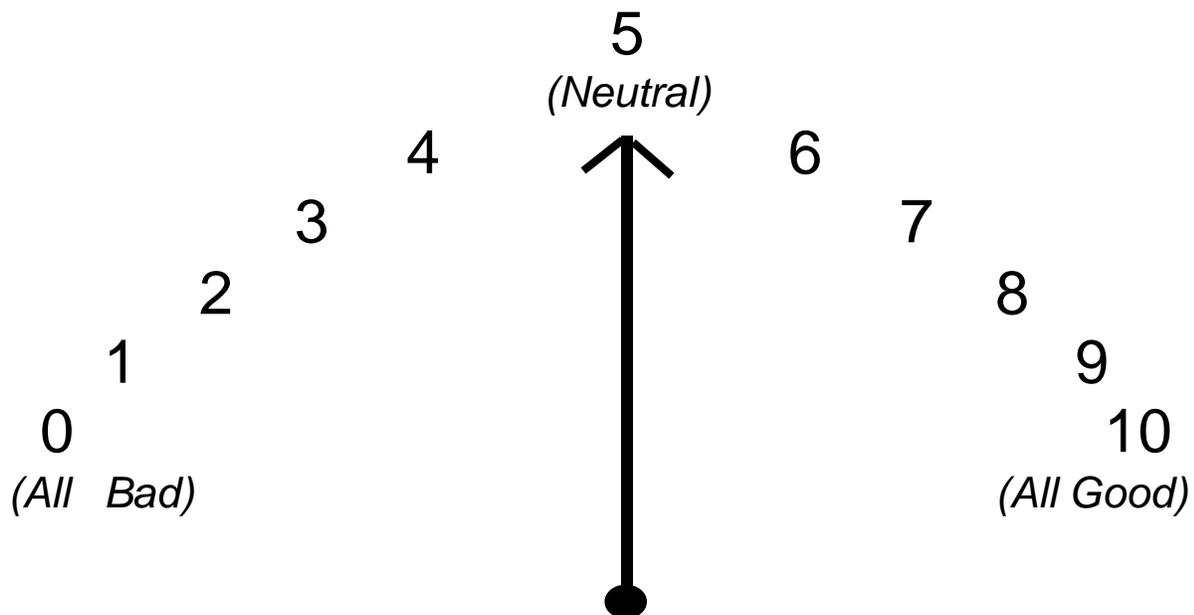
*“For God doth not walk in crooked paths,
neither doth he turn to the right hand nor to the
left...”*

-- *D&C 3:2*

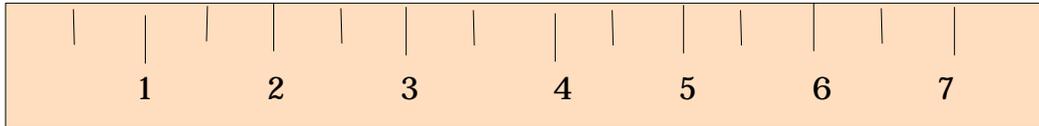
All-or-Nothing Thinking *(“The Light Switch”)*



Continuum Thinking *(“The Dial”)*



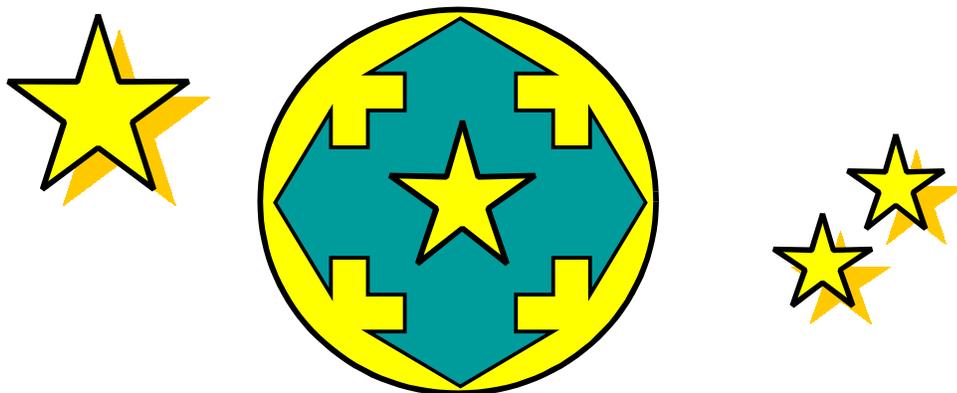
Comparative Worth



*“They measuring themselves
by themselves,
and comparing themselves
among themselves,
are not wise.”
– 2 Cor. 10:12*

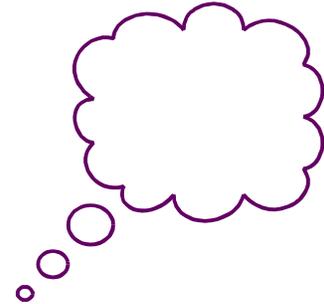
*“Thou shalt not covet.”
–Exodus 20:17
(The 10th Commandment)*

Infinite Worth



Replacing Depressive Thoughts & Behaviors With Positive Ones:

Thoughts:



All-or-Nothing Thinking

_____ *Continuum / "Grace for grace"*

Mental Filter (Focusing on the negative)

_____ *Gratitude / Finding the positive*

Comparing and Competing

_____ *Infinite worth / Value self, others*

Behaviors:

Paralysis (Waiting "till I feel like it")

Acting "As If"

Neglecting and Criticizing Self

Nourishing Body, Mind, Spirit

Self-Absorption / Alienation

Compassion and Service



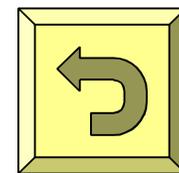
Change in a Nut-Shell

1. Identify problem
2. Learn positive replacement
(thought, behavior)
3. Choose it, over and over
again

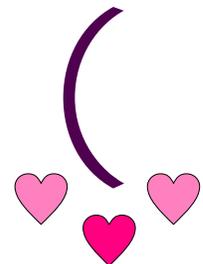
1. Think Different



2. Do Different



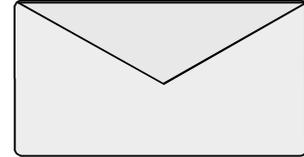
3. Feel Different!



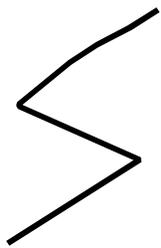
Types of Junk Mail:

1) Physical junk mail (*mailbox*)

2) Cyber junk mail (*inbox*)



3) Spiritual junk mail (*mind & heart*)



Spiritual Junk Mail -

*Destructive messages sent,
whose messages, if heeded,
will bring destruction and misery*

***You can't stop junk mail being sent,
but you can stop from opening it,
perusing it,
and bringing it into the house!***



***Rejoice, O my heart,
and give place no more
for the enemy of my soul.
– 2 Nephi 4:28***



Finding Joy in Life

Richard G. Scott, Ensign, May 1996,24

*Children teach us how to **find joy** even under the most challenging circumstances.*

*Children haven't yet learned to be depressed by concentrating on the things they don't have. They find joy in **what is available to them**.*

*Find the **compensatory blessings** in your life, when, in the wisdom of the Lord, He deprives you of something you very much want.*

*... You will discover **compensatory blessings** when you willingly accept the will of the Lord and exercise faith in Him.*



We live in a day when the adversary stresses on every hand the philosophy of instant gratification. We seem to demand instant everything, including instant solutions to our problems.

We are indoctrinated that somehow we should always be instantly emotionally comfortable. When that is not so, some become anxious, and all too frequently seek relief from counseling, from analysis, and even from medication.

It was meant to be that life would be a challenge. To suffer some anxiety, some depression, some disappointment, even some failure is normal.

Teach our members that if they have a good, miserable day once in a while, or several in a row, to stand steady and face them. Things will straighten out... There is a great purpose to our struggle in life.

(Boyd K. Packer, That All May Be Edified, p.94)

We can rise above the enemies of despair, depression, discouragement, and despondency by remembering that God provides righteous alternatives.

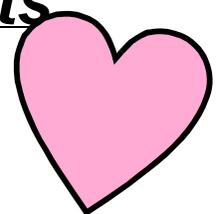
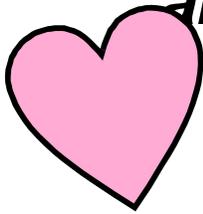
As it states in the Bible,

*"There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it"
(1 Corinthians 10:13)*

There are times when you simply have to righteously hang on and outlast the devil until his depressive spirit leaves you.

– *Teachings of Ezra Taft Benson*

***The Lord our God has sent us here
to get experience in these things
so that we may know the good
from the evil
and be able to close our hearts
against the evil...***



***Everyone has the power
to close his heart
against doubt, against darkness,
against unbelief, against depression,
against anger, against hatred,
against jealousy, against malice,
against envy.***

***God has given this power unto all of us,
and we can gain still greater power
by calling upon Him
for that which we lack.***

(George Q. Cannon, Gospel Truth, Vol. 1, p. 19)

***To press on in noble endeavors,
even while surrounded
by a cloud of depression,
will eventually bring you out on top
into the sunshine***

***To lift our spirits and send us on our way
rejoicing, the devil's designs of despair,
discouragement, depression, and
despondency can be defeated
in a dozen ways, namely:
repentance, prayer, service, work, health,
reading, blessings, fasting, friends, music,
endurance, and goals.***

***...Food can affect the mind, and deficiencies
in certain elements in the body can promote
mental depression.***

***In general, the more food we eat in its natural
state and the less it is refined without
additives, the healthier it will be for us. (Ezra
Taft Benson, "Do Not Despair," Ensign Oct.
1986, 5; Nov. 1974, 66)***

HOW TO BE DEPRESSED

Dimension 1: Thoughts

***Focus on the negative:** disappointments, losses, deprivations, injustices, etc

***All-or-nothing thinking:** (The Light Switch) Eg, “If I’m not perfect, I’m worthless.” Even more effective and concretizing with labeling (dumb, failure, etc)

***Always/never thinking:** build broad, negative interpretations from brief, specific events or circumstances.

***Blame yourself or others:** Inappropriately and excessively - “It’s all my fault” or “It’s all their fault.”

***Let the critical inner voice chatter:** unperceived, uninterrupted, unchallenged. Internalize and act on that negative input.

HOW TO CHOOSE JOY INSTEAD

Dimension 1: Thoughts

***Focus on the positive:** uplifting, funny, lessons, compensatory blessings.

***Continuum thinking:** (The Dial) esp. re: self-worth, personal performance. Give yourself and others credit for the good you do, even if it’s not completely perfect.

***Think mosaic:** occasional black tiles interspersed with light or colored ones to create contrast and learning.

***Share responsibility and accountability:** Which part is mine/yours? Correct your part; let them be in charge of their part.

***Keep track of your thoughts** on paper; notice patterns. Consciously find satisfying replacements for negative items.

Dimension 2: Behavior

***Act badly:** Say and do things you know are wrong, that you know you’ll regret later. Hurt yourself and others, go against your values.

***Be defensive and stubborn:** esp. about damaging behavior and its impact.

***Stay stuck** in old, destructive, or ineffective ways of doing things (parenting, housework, communication, socializing, etc.)

***Act depressed:** Withdraw, isolate yourself, do nothing. This will push others even farther away, and leave you even more depressed.

***Ingest poison and avoid nourishment:** to body, mind, and spirit. (junk food, esp. sugar, junk TV, negative music, etc.)

***Ignore your physical needs:** for food, water, rest, exercise, fresh air.

***Neglect your living space:** Let junk, dishes, and clutter collect; allow things to fall into disorder&disrepair. This will depress anyone!

***Try to do everything perfectly:** This almost guarantees procrastination & despair.

Dimension 2: Behavior

***Act well:** Say and do positive, kind things that can bring satisfaction later - even if you “don’t feel like it” now.

***Be humble and repentant:** willing to change and grow with feedback.

***Learn and apply new skills** to replace old patterns. Read, attend classes or therapy, seek counsel from friends, family, leaders.

***Act “As If”:** Do things you normally enjoy doing, or know you should do. Act as if you weren’t depressed (mastery and pleasure ex.)

***Ingest Nourishment and Avoid Poison:** to body, mind, and spirit. (Positive, wholesome food, entertainment)

***Meet your physical needs** in an effective and consistent way.

***Dejunk, clean, and organize** your living space. This effort will return far more energy to you than you put into it!

***Do a little at a time:** Rather than everything or nothing, just do “something” meaningful.

Dimension 3: Spirituality

***Stop praying:** Or just pray prettily, superficially, w/o really opening your heart to God.

***Avoid the words of Christ:** in the scriptures, words of the prophets, Church talks and lessons, etc.

***Offend and repel the Spirit:** through negative thinking and behavior, leaving yourself alone and vulnerable to attack.

***Don't believe Christ:** Find reasons to suppose that the Gospel and the Atonement don't relate to you and your challenges. Don't believe that He can heal you.

***Stop going to the temple:** Even better, lose your temple recommend. Best of all, go instead to places of worldly "comforts."

***Focus on yourself and your problems:** (self-pity) Or - try to fix others instead of you (codependence.) Get off-balance on the "Me-O-Meter."

Dimension 3: Spirituality

***Pray always:** over everything, including (especially!) your trials and afflictions.

***Feast on the words of Christ:** Supercharge through requesting a blessing, listening to tapes, taking a personal retreat, etc.

***Invite and follow the Spirit:** So you have a constant companion, guide, and teacher, through everything you experience.

***Believe Christ:** Trust and apply His atonement to your challenges. Know that He understands and accompanies you through everything, and can and will heal your pains.

***Immerse yourself in temple worship:** Drink in the healing, comforting, sanctifying, revelatory impact of the holy temple.

***Find meaningful ways to serve and comfort others,** while still consistently meeting your own basic needs. "Love thy neighbor as thyself."

Dimension 4: Relationships

***Have media on constantly:** esp. negative TV music, movies, etc. Crowd out opportunities for meaningful interaction.

***Trust too little, or too much:** Guard and close your heart to everyone; or throw it wide open to everyone, inviting betrayal & abuse.

***Have too-thick or too-thin boundaries:** Apply the same rules to everyone

***Be too dependent or too independent:** Cling, or find ways not to need anyone

***Complain and criticize:** This drives others from you faster than almost any other strategy

***Be selfish, or self-effacing:** Care too much or too little for yourself.

***Hold on to old hurts and grudges.** Stay stuck in the past

***Demand or passively wait for change.** (aggressiveness or passivity)

***Try to be someone you're not.** Consume your time in environments/activities that go against your natural grain; compare w/others

Dimension 3: Relationships

***Minimize your media use:** Give your focus to real relationships with real people. Make careful, positive choices when you do use m.

***Build incremental trust:** Open your heart to people to the extent that they have proven themselves trustworthy over time.

***Have appropriate boundaries,** balancing intimacy with independence.

***Be interdependent.** Use your own good gifts in effective cooperation with others.

***Appreciate and praise:** Sending out positive energy draws others to you.

***Love thy neighbor as thyself:** Balance your needs and desires with those of others.

***Forgive and move on:** Free yourself from old pain, to embrace a happy present & future

***Clearly and kindly express your needs,** and work for change (assertiveness)

***Develop a clear sense of identity:** Structure a meaningful life and mission around that, and don't compare yourself with others.

Christ-Centered Healing from Depression and Low Self-Worth

Presented by Carrie Maxwell Wrigley, LCSW
LDS Family Services, Sandy, Utah

“Look unto me in every thought; doubt not, fear not.” – D&C 6:36

Teachings of Ezra Taft Benson

We live in an age when, as the Lord foretold, **men's hearts are failing them, not only physically but in spirit** (see D&C 45:26). Many are giving up heart for the battle of life. **Suicide** ranks as a major cause of death among college students. As the showdown between good and evil approaches, with its accompanying trials and tribulations, **Satan is increasingly striving to overcome the Saints with despair, discouragement, despondency, and depression.**

Yet, of all people, **we as Latter-day Saints should be the most optimistic and the least pessimistic.** For while we know that "peace shall be taken from the earth, and the devil shall have power over his own dominion," we are also assured that "the Lord shall have power over his saints, and shall reign in their midst" (D&C 1:35-36). (p. 401; Ensign Nov. 1974, p. 65.)

There are times when you simply have to righteously hang on and outlast the devil until his depressive spirit leaves you...To press on in noble endeavors, even while surrounded by a cloud of depression, will eventually bring you out on top into the sunshine...**We can rise above the enemies of despair, depression, discouragement, and despondency by remembering that God provides righteous alternatives.**” – “Do Not Despair”, Ensign, Nov.1974

To lift our spirits and send us on our way rejoicing, the **devil's designs of despair, discouragement, depression, and despondency** can be defeated in a dozen ways, namely: **repentance, prayer, service, work, health, reading, blessings, fasting, friends, music, endurance, and goals.** (p. 401; Ensign, October 1986, p. 5.)

Boyd K. Packer, (1982) That All May Be Edified, “Solving Emotional Problems in the Lord’s Own Way” [General Conference address, Oct. 1978]

We live in a day when the adversary stresses on every hand the philosophy of instant gratification. We seem to demand instant everything, including instant solutions to our problems.

We are indoctrinated that somehow we should always be instantly emotionally comfortable. When that is not so, some become anxious—and all too frequently seek relief from counseling, from analysis, and even from medication.

It was meant to be that life would be a challenge. To suffer some anxiety, some depression, some disappointment, even some failure is normal.

Teach our members that if they have a good, miserable day once in a while, or several in a row, to stand steady and face them. Things will straighten out.

There is great purpose in our struggle in life. (p. 94)

George Q. Cannon, Gospel Truth, Vol. 1, p.19

The Lord our God has sent us here to get experience in these things so that we may know the good from the evil and be able to close our hearts against the evil.... It is true that some have greater power of resistance than others, but **everyone has the power to close his heart against doubt, against darkness, against unbelief, against depression, against anger, against hatred, against jealousy, against malice, against envy.** God has given this power unto all of us, and we can gain still greater power by calling upon Him for that which we lack. If it were not so, how could we be condemned for giving way to wrong influences?

Teachings of the Prophet Joseph Smith, p. 348

“When you climb up a ladder, you must begin at the bottom, and ascend step by step, until you arrive at the top; and so it is with the principles of the Gospel— you must begin with the first, and go on until you learn all the principles of exaltation.

But it will be a great while after you have passed through the veil before you will have learned them. It is not all to be comprehended in this world; it will be a great work to learn our salvation and exaltation even beyond the grave.”

“Under Construction” Scriptures:

- < D&C 93:12, 20 We, like the Savior himself, must grow from **grace to grace**
- < D&C 98:11-12; Is. 27:9-12 We learn and grow **line upon line**, precept on precept
- < D&C 46:33 We must **practice virtue and holiness** continually
- < 2 Pet. 1:3-8 In seeking a divine nature, we must **add** virtues one upon another
- < Matt. 5:48; 3 Ne. 12:48 Even the sinless Son of God didn't claim perfection while mortal

Ezra Taft Benson, “Do Not Despair,” Ensign, Oct. 1986, 5; Nov. 1974, 66

“Food can affect the mind, and deficiencies in certain elements in the body can promote mental depression. In general, the more food we eat in its natural state and the less it is refined without additives, the healthier it will be for us.”

Richard G. Scott, “The Power of Righteousness, Ensign, Nov. 1998

“You can become depressed if all of your interests are focused on the media with its explicit details of the most worrisome world events. With care you can find much to reverently appreciate in this world Father in Heaven has given you...Life is beautiful when you make the effort to find beauty in it.”

Additional Helpful References (Secular authors):

- < Cognitive Therapy of Depression (1979) Aaron T. Beck, A. Rush, B. Shaw, G. Emery
- < Feeling Good: The New Mood Therapy (1980), David D. Burns, MD
- < The Feeling Good Handbook (1989), David D. Burns, MD
- < Breaking the Patterns of Depression (1997), Michael D. Yapko, PhD
- < Hand-Me-Down Blues: How to Stop Depression From Spreading in Families (2000), Michael D. Yapko, PhD

