



**THE GLENDON ASSOCIATION**



# The Critical Inner Voice That Causes Depression

with Lisa Firestone, Ph.D.



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# Part One: Facts About Depression





# FACTS ABOUT DEPRESSION



- An estimated 1 in 10 U.S. adults report depression. (CDC)
- Major depression affects approximately 15 million American adults or about 8 percent of the U.S. population age 18 and older in a given year. (PBS)
- Depression is one of the top three reasons Americans seek medical treatment.
- The prevalence of depression for women is roughly twice that for men. (PBS)
- Depression is the leading cause of disability and the fourth leading contributor to the global burden of disease worldwide. (WHO)

**Sources:** CDC- <http://www.cdc.gov/Features/dsDepression/>

WHO - [http://www.who.int/mental\\_health/management/depression/definition/en/](http://www.who.int/mental_health/management/depression/definition/en/)

PBS - [http://www.pbs.org/wgbh/takeonestep/depression/pdf/dep\\_stats.pdf](http://www.pbs.org/wgbh/takeonestep/depression/pdf/dep_stats.pdf)



# FACTS ABOUT DEPRESSION



- Persons 45-64 years of age have been found to be more likely to meet criteria for major depression. (CDC)
- By age 18, nearly 25 percent of all youth in the U.S. will have experienced a depressive disorder (Melissa Institute)
- By the year 2020, depression will be the 2nd most common health problem in the world. (PBS).
- Depression is one of the most treatable illnesses: 80-90% find relief. (PBS)

**Sources:** CDC- <http://www.cdc.gov/Features/dsDepression/>

PBS - [http://www.pbs.org/wgbh/takeonestep/depression/pdf/dep\\_stats.pdf](http://www.pbs.org/wgbh/takeonestep/depression/pdf/dep_stats.pdf)

Melissa Institute -

[http://www.melissainstitute.org/melissainstitute/documents/Conf2010\\_Adolescent\\_Depression.pdf](http://www.melissainstitute.org/melissainstitute/documents/Conf2010_Adolescent_Depression.pdf)



“ The madness of depression is the antithesis of violence. It is a storm indeed, but a storm of murk. Soon evident are the slowed-down responses, near paralysis, psychic energy throttled back close to zero. Ultimately, the body is affected and feels sapped, drained. ”

- William Styron, Writer





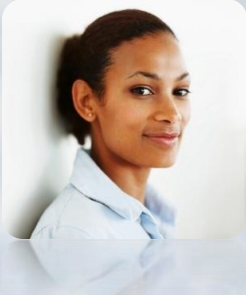
# FACTS ABOUT DEPRESSION TREATMENT



- It is critical for people who are suffering from depression to seek care from a licensed mental health professional who has training and experience in helping people recover from depression. Several approaches to psychotherapy, including cognitive-behavioral, interpersonal, and psychodynamic, help depressed people recover. Psychotherapy offers people the opportunity to identify the factors that contribute to their depression and to deal effectively with the psychological, behavioral, interpersonal, and situational causes. (APA)
- Medications can be very helpful for reducing the symptoms of depression in some people, particularly in cases of moderate to severe depression. Often a combination of psychotherapy and medications is the best course of treatment. However, given the potential side effects, any use of medication requires close monitoring by the physician who prescribes the drugs. (APA)
- The support and involvement of family and friends can play a crucial role in helping someone who is depressed. The “support system” can help by encouraging a depressed loved one to stick with treatment and practice coping techniques and problem-solving skills he or she is learning in treatment.

**Sources:** APA - <http://www.apa.org/topics/depress/recover.aspx#>  
NIMH - <http://www.nimh.nih.gov/health/publications/depression/complete-index.shtml>





# FACTS ABOUT DEPRESSION TREATMENT



- In a study in which 681 patients with chronic forms of major depression were treated with antidepressants alone or psychotherapy alone, those with a history of early childhood trauma (loss of parents at an early age, physical or sexual abuse, or neglect), responded better to psychotherapy alone than to antidepressant monotherapy. Moreover, the combination of psychotherapy and pharmacotherapy was only marginally superior to psychotherapy alone among the childhood abuse cohort. (Study Published by APA)
- Of the roughly 15.6 million Americans who have major depression, only 21 percent receive minimally adequate care. (Study Published by APA)

**Sources:** APA - <http://www.apa.org/monitor/2010/02/depression.aspx>  
<http://www.apa.org/topics/depress/recover.aspx#>



# SIGNS AND SYMPTOMS OF DEPRESSION

- Persistent sad, anxious, or "empty" feelings
- Feelings of hopelessness or pessimism
- Feelings of guilt, worthlessness or helplessness
- Irritability, restlessness
- Loss of interest in activities or hobbies once pleasurable, including sex
- Fatigue and decreased energy
- Difficulty concentrating, remembering details and making decisions
- Insomnia, early-morning wakefulness, or excessive sleeping
- Overeating, or appetite loss
- Thoughts of suicide, suicide attempts
- Aches or pains, headaches, cramps, or digestive problems that do not ease even with treatment.

**Source:** NIMH - <http://www.nimh.nih.gov/health/publications/depression/complete-index.shtml>

# How does psychotherapy help people recover from depression?



- Pinpoint the life problems that contribute to their depression and help them understand which aspects of those problems they may be able to solve or improve.
- Identify negative or distorted thinking patterns that contribute to feelings of hopelessness and helplessness that accompany depression.
- Explore other learned thoughts and behaviors that create problems and contribute to depression.
- Help people regain a sense of control and pleasure in life.



**Sources:** American Psychological Association - <http://apa.org/topics/depress/recover.aspx>



# In What Other Ways Do Therapists Help Depressed Individuals and Their Loved Ones?



“The support and involvement of family and friends can play a crucial role in helping someone who is depressed. Individuals in the "support system" can help by encouraging a depressed loved one to stick with treatment and practice the coping techniques and problem-solving skills he or she is learning through psychotherapy. Living with a depressed person can be very difficult and stressful on family members and friends. The pain of watching a loved one suffer from depression can bring about feelings of helplessness and loss. Family or marital therapy may be beneficial in bringing together all the individuals affected by depression and helping them learn effective ways to cope together.”



**Sources:** American Psychological Association - <http://apa.org/topics/depress/recover.aspx>

# Are Medications Useful for Treating Depression?



Medications can be very helpful for reducing the symptoms of depression in some people, particularly in cases of moderate to severe depression. Often a combination of psychotherapy and medications is the best course of treatment. However, given the potential side effects, any use of medication requires close monitoring by the physician who prescribes the drugs.

Some depressed individuals may prefer psychotherapy to the use of medications, especially if their depression is not severe. By conducting a thorough assessment, a licensed and trained mental health professional can help make recommendations about an effective course of treatment for an individual's depression.



**Sources:** American Psychological Association - <http://apa.org/topics/depress/recover.aspx>

## **POLL #1**

**Have you or someone close to you  
experienced depression?**

- Yes**
- No**





“When you're depressed, it's as though this committee has taken over your mind, leaving you one depressing thought after the other. Part of the depression is as though you're punishing yourself for something... Your sense of self, your appreciation for yourself, your respect for yourself, disappears completely. It certainly isn't that your mind goes blank. On the contrary, when you're depressed, your mind beats you to death with thoughts. It never stops.”

- Rod Steiger, Actor

# Definition of the Voice

The critical inner voice refers to a well-integrated pattern of destructive thoughts toward our selves and others. The “voices” that make up this internalized dialogue are at the root of much of our maladaptive behavior. This internal enemy fosters inwardness, distrust, self-criticism, self-denial, addictions and a retreat from goal-directed activities. The critical inner voice effects every aspect of our lives: our self-esteem and confidence, our personal and intimate relationships, and our performance and accomplishments at school and work.



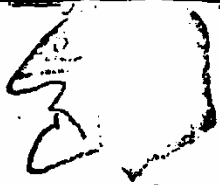




# FEIFFER

by JULES FEIFFER

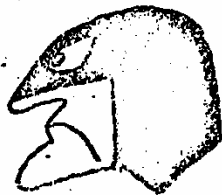
I AM A CRITIC.



I AM NOT A BOOK, ART  
THEATRE, FILM, MUSIC  
OR DANCE CRITIC.



I AM A  
BERNARD  
CRITIC.



A RESIDENT CRITIC WORKING  
INSIDE THE HEAD OF A BERNARD.



HE WAKES UP I TELL HIM,  
"YOU'RE LATE." AT THE OF-  
FICE I TELL HIM "YOU'RE  
BEHIND." AT DINNER PARTIES  
I TELL HIM,  
"YOU'RE  
BORING."



WHEN HE FALLS IN  
LOVE I TELL HIM,  
"YOU'RE NOT GOOD  
ENOUGH."



ON OCCASION HE CAN'T  
TAKE ANY MORE RE-  
VIEWS AND ORDERS  
ME OUT OF HIS HEAD.



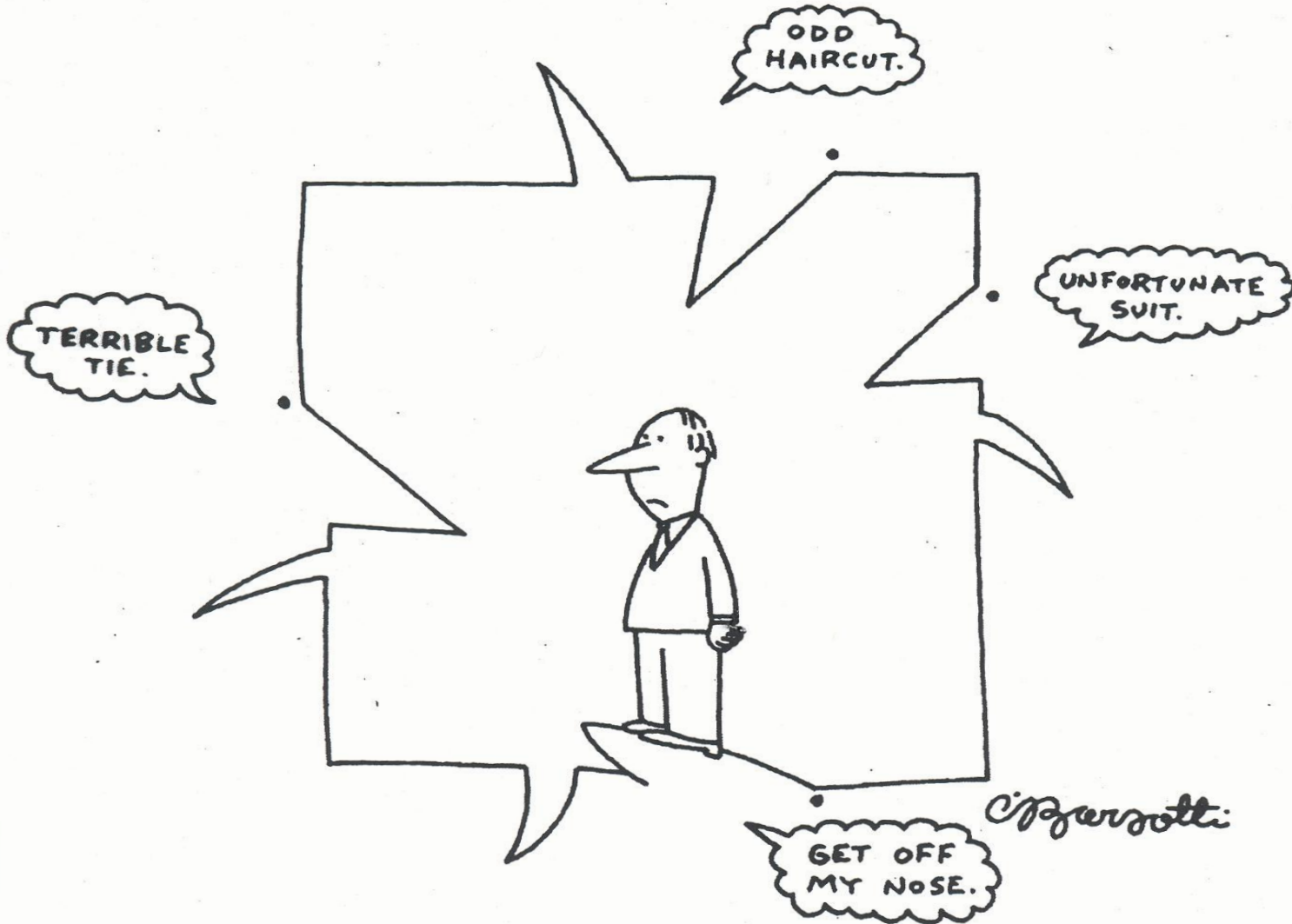
SO I RIP OFF MY  
MASK AND SAY,  
"IS THAT THE WAY TO  
TALK TO YOUR  
MOTHER?"



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# CARTOON PANEL DISCUSSION



# Common “Voices” in Depression



- ❖ You just don't belong anywhere.
- ❖ You're a horrible person! You don't deserve anything
- ❖ Just look at yourself in the mirror! You're so ugly. No one can stand you!
- ❖ The world is a real mess. Why should you care about anything?
- ❖ Your friends really hate you.
- ❖ Your life is so boring and empty.
- ❖ Don't ever get too happy because the ax is bound to fall.
- ❖ Nobody really likes you. You're an unlovable person.





# Common “Voices” in Depression

- ❖ You deserve all the bad things that are happening to you.
- ❖ Don't you see what effect you have on your family?  
Can't you see how you make them feel?
- ❖ You're always stirring up trouble, bothering people.  
Why can't you just stay away?
- ❖ You don't care for anybody. You've never cared for  
anybody in your whole life!
- ❖ Don't show anybody how bad you feel.
- ❖ Who do you think you are anyway? You're nothing!
- ❖ Who could love you? You have nothing to offer.
- ❖ You don't deserve anything.
- ❖ Your family would be better off without you. Just stay  
away, it's the only decent thing to do.



## **POLL #2**

Do you ever experience  
these types of voices?

- Most of them
- Some of them
- None of them



“I could not sleep, although tired. And lay feeling my nerves shaved to pain and the groaning inner voice: oh, you can't teach, can't do anything. Can't write, can't think...I have a good self, that loves skies, hills, ideas, tasty meals, bright colors. My demon would murder this self by demanding that it be a paragon, and saying it should run away if it is anything less.”

- Sylvia Plath, Poet



# **Part Two:**

# **Where Does the Critical Inner Voice That Causes Depression Come From?**



# How Voices Pass From Generation to Generation



# Attachment Theory



Sir John Bowlby, Ph.D.

Harry Harlow, Ph.D.

Rene Spitz, M.D

Mary Ainsworth, Ph.D.

Mary Main, Ph.D.

Erik Hesse, Ph.D.

## **Adult Attachment Interview:**

predicts the baby's attachment to  
the parent with 80% accuracy before  
the baby is even born



# Where do voices come from?

## Patterns of Attachment in Children

### Category of Attachment

- ❖ Secure
- ❖ Insecure – avoidant
- ❖ Insecure- anxious/ambivalent
- ❖ Insecure - disorganized

### Parental Interactive Pattern

- ❖ Emotionally available, perceptive, responsive
- ❖ Emotionally unavailable, imperceptive, unresponsive and rejecting
- ❖ Inconsistently available, perceptive and responsive and intrusive
- ❖ Frightening, frightened, disorienting, alarming



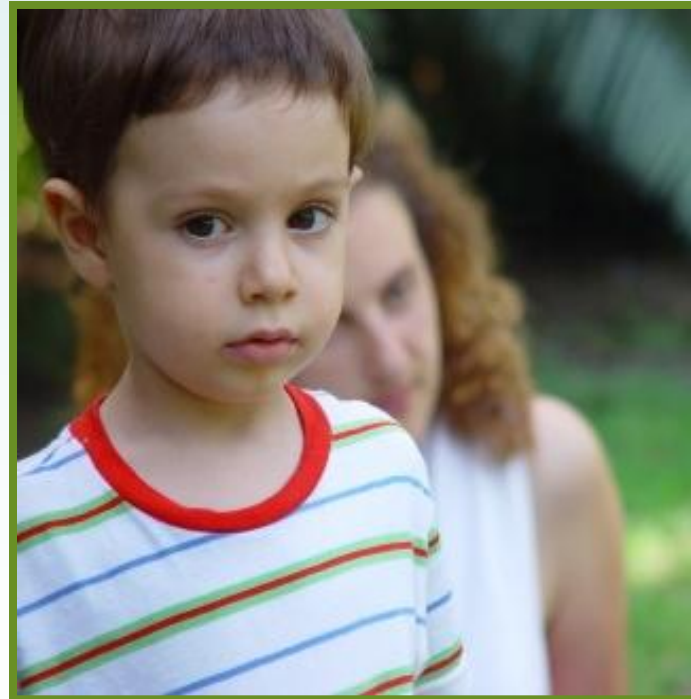
# Attachment Figures

- Low Risk Non-Clinical Populations
  - ❖ Secure 55-65%
  - ❖ Ambivalent 5-15%
  - ❖ Avoidant 20-30%
  - ❖ Disorganized 20-40%
  - (Given a Best Fit Alternative)
- High Risk, Parentally maltreated
  - ❖ Disorganized 80%

# What causes insecure attachment?

❖ Unresolved trauma/loss in the life of the parents statistically predict attachment style far more than:

- Maternal Sensitivity
- Child Temperament
- Social Status
- Culture





# Implicit Versus Explicit Memory

## ❖ Implicit Memory



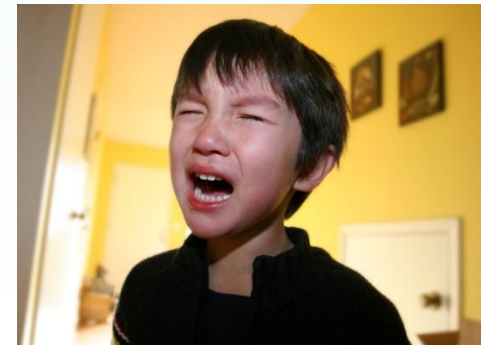
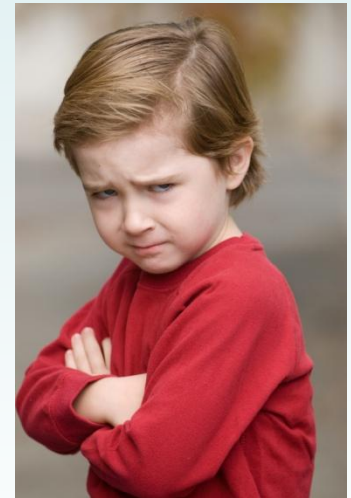
## ❖ Explicit Memory



# How does disorganized attachment pass from generation to generation?

❖ Implicit memory of terrifying experiences may create:

- Impulsive behaviors
- Distorted perceptions
- Rigid thoughts and impaired decision making patterns
- Difficulty tolerating a range of emotions



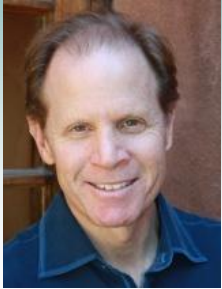
## **POLL #3**

Have you heard of the work of Dan Siegel?

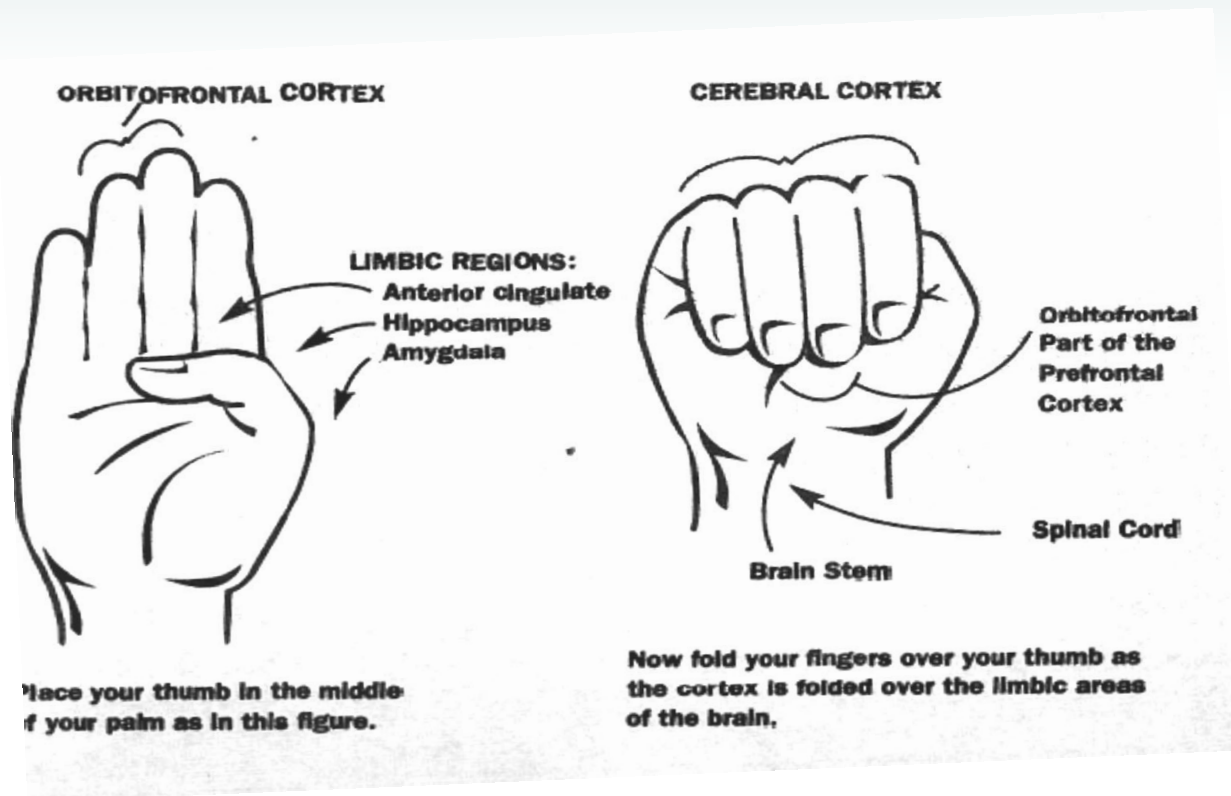
- Very familiar
- Some experience
- Not familiar



# The Brain in the Palm of Your Hand



Daniel Siegel, M.D. – Interpersonal Neurobiology



# 9 Important Functions of the Pre-Frontal Cortex

1. Body Regulation
2. Attunement
3. Emotional Balance
4. Response Flexibility
5. Empathy
6. Self-Knowing Awareness (Insight)
7. Fear Modulation
8. Intuition
9. Morality



# Division of the Mind

## Parental Ambivalence

Parents both love and hate themselves and extend both reactions to their productions, i.e., their children.

### Parental Nurturance



### Parental Rejection, Neglect Hostility



# Prenatal Influences

**Disease Trauma**

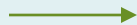
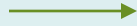


**Substance Abuse/ Domestic Violence**

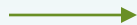




# Birth Trauma



# Baby

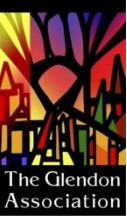


Genetic  
Structure  
Temperament  
Physicality  
Sex



# Self-System

## Parental Nurturance



Unique make-up of the individual (genetic predisposition and temperament); harmonious identification and incorporation of parent's positive attitudes and traits and parents positive behaviors: attunement, affection, control, nurturance; and the effect of other nurturing experience and education on the maturing self-system resulting in a sense of self and a greater degree of differentiation from parents and early caretakers.

# Personal Attitudes/Goals/Conscience

## **Realistic, Positive Attitudes Towards Self**

Realistic evaluation of talents, abilities, etc...with generally positive/ compassionate attitude towards self and others.

## **Goals**

Needs, wants, search for meaning in life

## **Moral Principles**



## **Behavior**

Ethical behavior towards self and others

## **Goal Directed Behavior**



## **Acting with Integrity**



# Anti-Self System

Unique vulnerability: genetic predisposition and temperament

Destructive parental behavior: misattunement, lack of affection, rejection, neglect, hostility, over permissiveness

Other Factors: accidents, illnesses, traumatic separation, death anxiety



**The Fantasy Bond** (core defense) is a self-parenting process made up of two elements: the helpless, needy child, and the self-punishing, self-nurturing parent. Either aspect may be extended to relationships. The degree of defense is proportional to the amount of damage sustained while growing up.



# Anti-Self System

## Self-Punishing Voice Process



### Voice Process

1. Critical thoughts toward self



2. Micro-suicidal injunctions



3. Suicidal injunctions – suicidal ideation



### Behaviors

Verbal self-attacks – a generally negative attitude toward self and others predisposing alienation

Addictive patterns. Self-punitive thoughts after indulging

Actions that jeopardize, such as carelessness with one's body, physical attacks on the self, and actual suicide

# Anti-Self System

## Self- Soothing Voice Process



### Voice Process



**1. Self Soothing  
Attitudes**



**2. Aggrandizing  
thoughts toward self**



**3. Suspicious paranoid  
thoughts towards  
others**



**4. Micro-suicidal  
Injunctions**



**5. Overtly Violent  
thoughts**

### Behaviors

**Self-limiting or self-  
protective lifestyles,  
Inwardness**

**Verbal build up toward  
self**

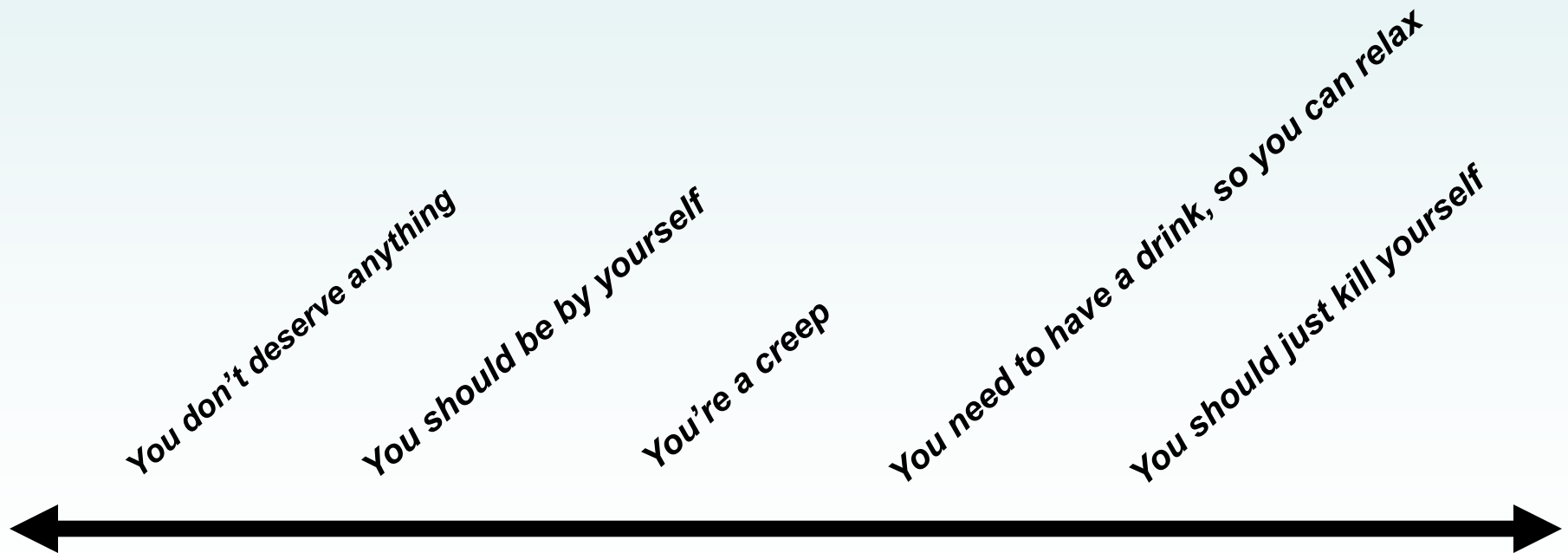
**Alienation from others,  
destructive behavior  
towards others**

**Addictive patterns.  
Thoughts luring the  
person into indulging**

**Aggressive actions,  
actual violence**

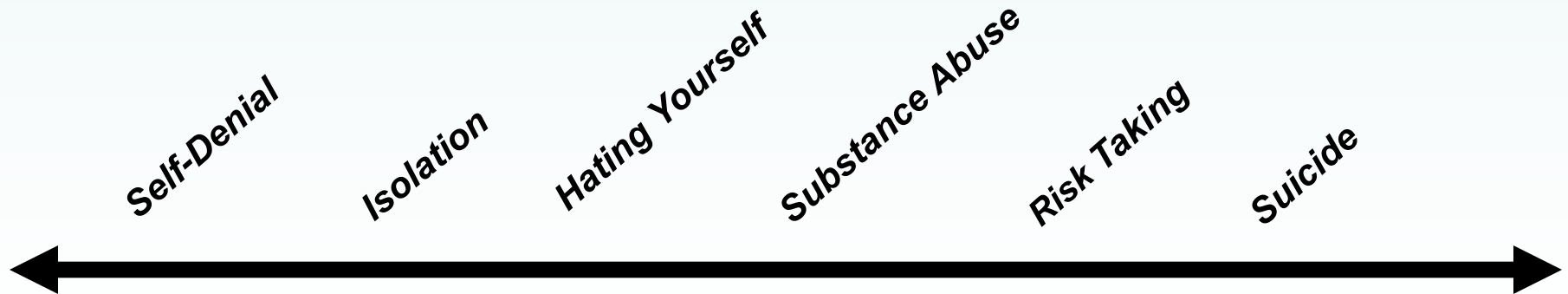
# Continuum of Self-Destructive Thoughts

Negative thoughts exist on a continuum, from mild self-critical thoughts to extreme self-hatred to thoughts about suicide



# Continuum of Self-Destructive Behavior

Self-destructive behaviors exist on a continuum from self-denial to substance abuse to actual suicide.

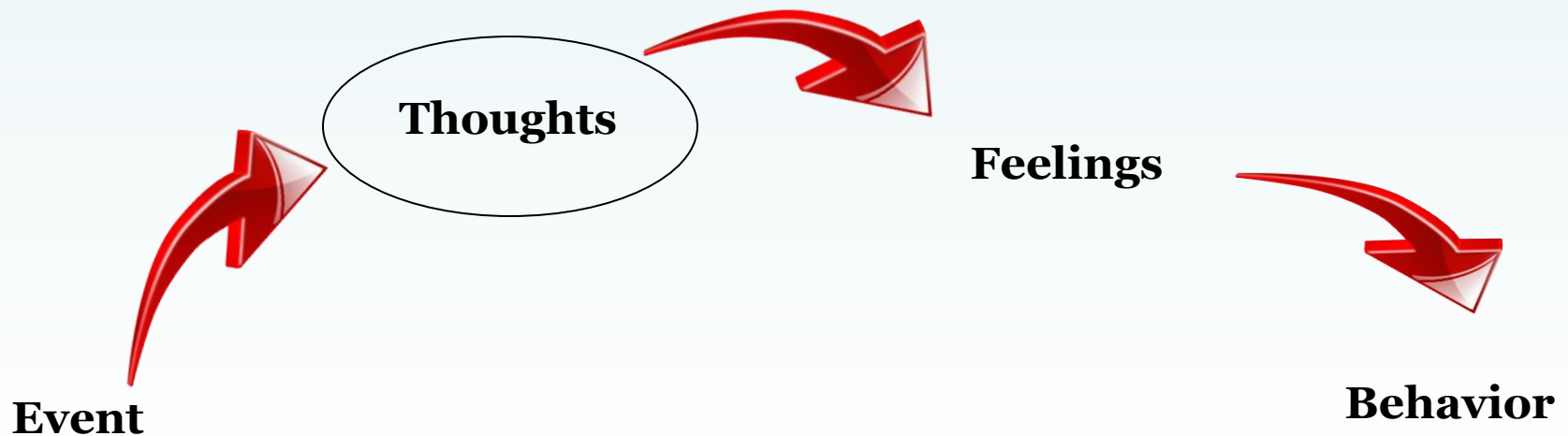




# Our Approach to Self-Destructive Behavior



**There is a relationship between these two continuums. How a person is thinking is predictive of how he or she is likely to behave.**



# Identifying Your Critical Inner Voice



1. Recognize the events that trigger your Critical Inner Voice
2. Recognize the specific outside criticisms that support your Critical Inner Voice
3. Become aware of times you may be projecting your self-attacks onto other people
4. Notice changes in your mood



# Part Three: Challenging the Critical Inner Voice

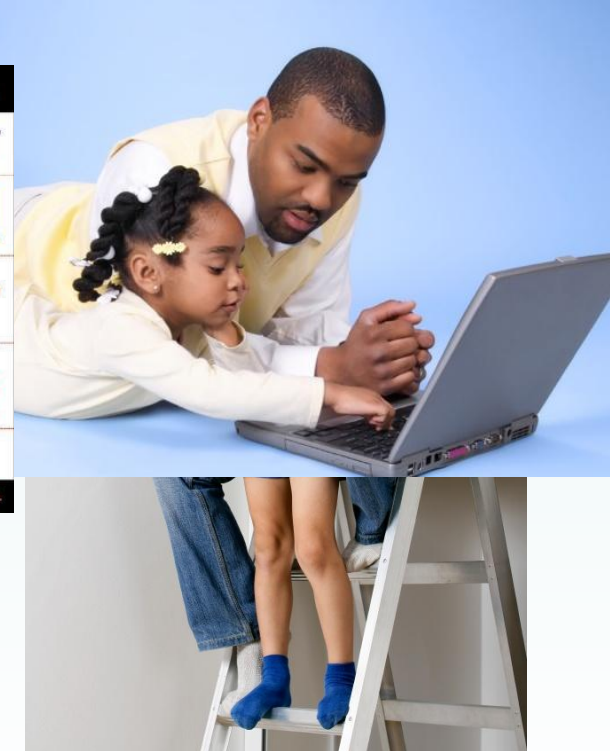
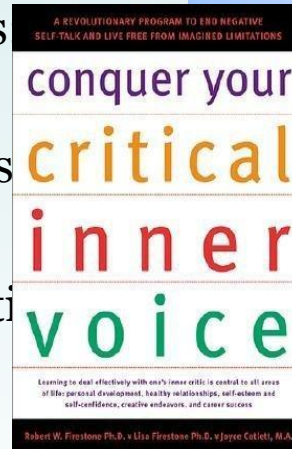


# Exercise 1.1:

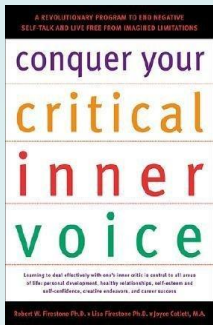
## Visualizing the Real You

All exercises from Conquer Your Critical Inner Voice

- ❖ My physical abilities
- ❖ My positive qualities
- ❖ My interests and activities
- ❖ My long-term goals:
- ❖ My short-term goals:
- ❖ Where do I stand in relation to my goals?







# Exercise 1.2:

## Your Critical Inner Voice Attacks

### ❖ Self-critical attacks as “I” statements

Example: “I don’t think I’m an attractive person.”

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### ❖ Self-critical attacks as “you” statements

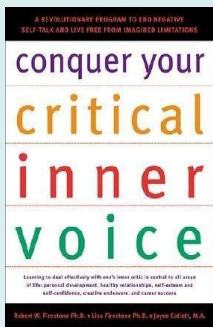
Example: “You’re not attractive.”

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# Exercise 1.3:

## Keeping a Journal:

### Your Critical Inner Voice/The Real You

❖ My critical inner voice  
as “you” statements

Example: “You’re so stupid.”

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❖ The real me  
as “I” statements

Example: “Sometimes I struggle  
with work, but I catch on quickly  
and then usually do a good job.”

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# PsychAlive Workshop & Journal



Journal on PsychAlive at <http://www.psychalive.org/category/psychalive-workshop/>

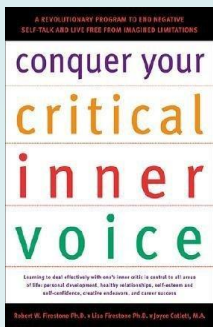


Title /Subject

Text

Write Journal

Cancel, back



# Exercise 1.4: A Plan for Action

## ❖ Actions dictated by my critical inner voice

Examples:

“Have another piece of cake.”

“You should just be on your own.”

“You can’t trust anyone, so don’t get too close.”

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## ❖ Actions to take that reflect the real me

Examples:

“I want to eat healthy and take care of myself.”

“I don’t want to be isolated and will seek out friends”

“I want to stay vulnerable in my close relationships.”

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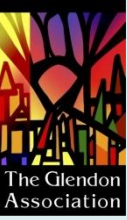
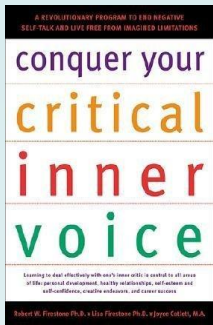




# Exercise 7.1

## Depression and Life Events: Your Critical Inner Voice / The Real You

[illegible]



# Exercise 7.2

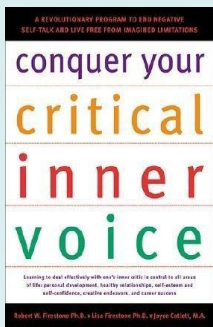
## Depression: Your Critical Inner Voices and Your Feelings

## My critical inner voices contributing to depression

This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

## How these voices left me feeling

This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.



# Exercise 7.3

## You and the Continuum of Self-Destructive Thoughts



### **My critical inner voices**

**Level 1:** *Thoughts that lead to low self-esteem and self-defeating behaviors*

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**Level 2:** *Thoughts that support the cycle of addiction*

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**Level 3:** *Thoughts that lead to Seriously self-destructive behavior*

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**Behaviors I engage in**  
**Level 1:**

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**Level 2:**

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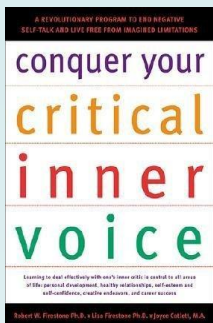
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**Level 3:**

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# Exercise 7.4

## The Firestone Voice Scale for Self-Denying and Giving-Up Thoughts

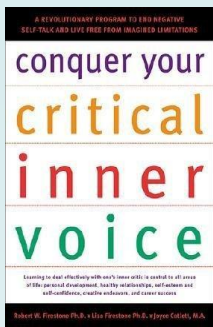


Circle the frequency with which you experience the following critical inner voices:

0 = Never    1 = Rarely    2 = Once in a While    3 = Frequently    4 = Most of the Time

- |           |   |
|-----------|---|
| 0 1 2 3 4 | You'll save money if you don't take this trip.  |
| 0 1 2 3 4 | It's too much trouble to go out to dinner. Just stay home.  |
| 0 1 2 3 4 | You don't deserve happiness. You're such a creep!   |
| 0 1 2 3 4 | What's so exciting about playing baseball, football, dancing (any activity)? You should just relax and settle down.   |
| 0 1 2 3 4 | Look at all the work you have to do. You can't afford to take time off.   |
| 0 1 2 3 4 | You've always had problems with sex. You should just give it up.  |
| 0 1 2 3 4 | Why bother trying to get a date? If you don't date, you'll have more time to study.   |
| 0 1 2 3 4 | Just look at how your friends are acting. They're so immature. They think they're having fun, but they're really just making fools of themselves. Don't be like them! |
| 0 1 2 3 4 | You shouldn't be out having fun with all the misery in the world.   |
| 0 1 2 3 4 | You're too old to have romance in your life.  |
| 0 1 2 3 4 | What's all this passion in your relationship? You should just settle down.  |
| 0 1 2 3 4 | Nothing matters anymore.  |
| 0 1 2 3 4 | Why bother even trying?   |
| 0 1 2 3 4 | Nothing is any fun anymore.   |
| 0 1 2 3 4 | Why bother making friends?  |
| 0 1 2 3 4 | What's the use? What's the point of anything really?  |
| 0 1 2 3 4 | Your work doesn't matter anymore. Why bother even trying? Nothing matters anyway.   |





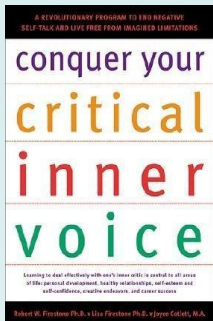
## Exercise 7.5

# How Your Critical Inner Voice Rationalizes Self-Denial and Giving-Up / What You Realistically Think

## What my critical inner voice says

## What I realistically think

[illegible][illegible]



# Exercise 7.6

## The Firestone Voice Scale for Isolation

Circle the frequency with which you experience the following critical inner voices:

0 = Never    1 = Rarely    2 = Once in a While    3 = Frequently    4 = Most of the Time

- |                   |  |
|-------------------|--|
| 0   1   2   3   4 | Wouldn't it be great to go off by yourself and be able to read or watch TV with no one interrupting?                 |
| 0   1   2   3   4 | It's been so tense at work. You need to go off by yourself.  |
| 0   1   2   3   4 | Why go out with your friends tonight? You could just stay at home and relax.   |
| 0   1   2   3   4 | You need to get away so you can think about things.  |
| 0   1   2   3   4 | It's so irritating to have to be around people all day.  |
| 0   1   2   3   4 | The only way you can relax is to be by yourself.   |
| 0   1   2   3   4 | You need more space. More time for yourself.   |
| 0   1   2   3   4 | These aren't your kind of people. Why don't you go off by yourself?  |
| 0   1   2   3   4 | It's such a hassle to go to that party. You have to get dressed up and put up a front. Why don't you just stay home? |
| 0   1   2   3   4 | You're no fun to be around. You should just stay by yourself.  |



# Exercise 7.8

## The Firestone Voice Scale for Depression

Circle the frequency with which you experience the following critical inner voices:

0 = Never    1 = Rarely    2 = Once in a While    3 = Frequently    4 = Most of the Time

0 1 2 3 4

You just don't belong anywhere.

0 1 2 3 4

You're a horrible person! You don't deserve anything.

0 1 2 3 4

Just look at yourself in the mirror! You're so ugly. No one can stand you!

0 1 2 3 4

The world is a real mess. Why should you care about anything?

0 1 2 3 4

Your friends really hate you.

0 1 2 3 4

Your life is so boring and empty.

0 1 2 3 4

Don't ever get too happy because the ax is bound to fall.

0 1 2 3 4

You should just smash your hand, you creep! You deserve everything that happens to you.

0 1 2 3 4

Nobody really likes you. You're an unlovable person.

0 1 2 3 4

You deserve all the bad things that are happening to you.

0 1 2 3 4

Don't you see what effect you have on your family? Can't you see how you make them feel?

0 1 2 3 4

You're always stirring up trouble, bothering people. Why can't you just stay away?

0 1 2 3 4

You don't care for anybody. You've never cared for anybody in your whole life!

0 1 2 3 4

Don't show anybody how bad you feel.

0 1 2 3 4

Who do you think you are anyway? You're nothing!

0 1 2 3 4

Who could love you? You have nothing to offer.

0 1 2 3 4

You don't deserve anything.

0 1 2 3 4

Your family would be better off without you. Just stay away, it's the only decent thing to do.







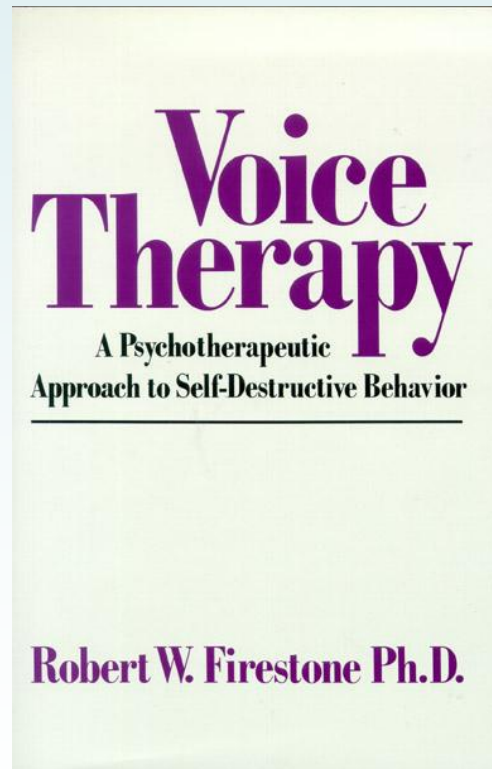
## **POLL #4**

**Do you think you could use these exercises to help you feel better?**

- Yes**
- Maybe**
- Seems hard to do**

# Voice Therapy

Cognitive/ Affective/ Behavioral Approach





# The Therapeutic Process in Voice Therapy

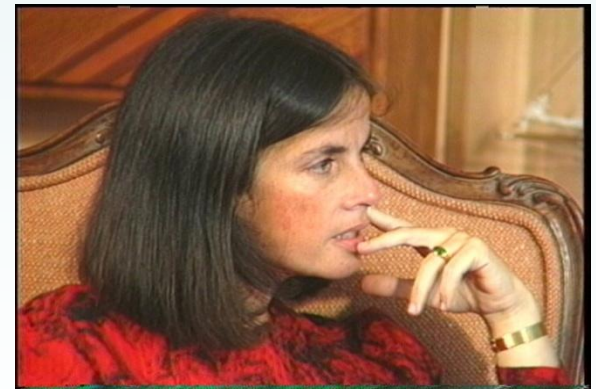
## Step I

Identify the content of the person's negative thought process. The person is taught to articulate his or her self-attacks in the second person. The person is encouraged to say the attack as he or she hears it or experiences it. If the person is holding back feelings, he or she is encouraged to express them.



## Step II

The person discusses insights and reactions to verbalizing the voice. The person attempts to understand the relationship between voice attacks and early life experience.



# The Therapeutic Process in Voice Therapy

## Step III

The person answers back to the voice attacks, which is often a cathartic experience. Afterwards, it is important for the person to make a rational statement about how he or she really is, how other people really are, what is true about his or her social world.



## Step IV

The person develops insight about how the voice attacks are influencing his or her present-day behaviors.

## Step V

The person then collaborates with the therapist to plan changes in these behaviors. The person is encouraged to not engage in self-destructive behavior dictated by his or her negative thoughts and to also increase the positive behaviors these negative thoughts discourage.



If you are interested in attending a voice therapy training or in getting training materials please contact [jina@glendon.org](mailto:jina@glendon.org) or visit [www.glendon.org](http://www.glendon.org).

# Self

# Anti-Self





# Eight Ways to Actively Fight Depression



- Recognize and Conquer Your Critical Self Attacks
- Think About What You Could Be Angry At
- Be Active
- Don't Isolate Yourself
- Do Things You Once Liked to Do ... even if you don't feel like it
- Watch a Funny TV Show or Movie
- Don't Punish Yourself for Feeling Bad
- See a Therapist
- Take Medication if Indicated



# Guidelines for Continued Personal Development



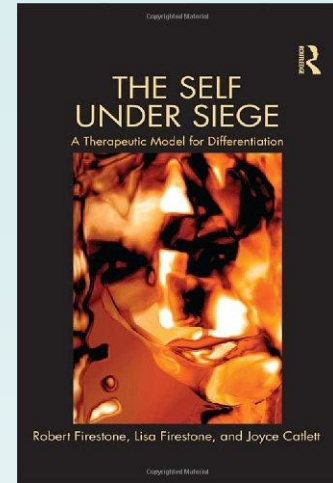
- ❖ Be Aware of the Fear That Accompanies Change
- ❖ Realize That Psychological Pain is Valid
- ❖ Develop a More Realistic View of Your Parents
- ❖ Differentiation – Unlearn Old Behaviors, Learn New Behaviors
- ❖ Become More Aware of Specific Defenses Against Feeling
- ❖ Recognize the Value of Friendship
- ❖ Seek Your Own Personal Meaning in Life





# Differentiation

1. Differentiate from self-punishing voices.
2. Differentiate from undesirable traits in your parents that you see in yourself.
3. Differentiate from the defensive reactions you had (as a child self) and self-soothing voices.
4. Formulating and learning to live by your own values - who do you want to be?



C urious

O pen

A ccepting

L oving



# Resources

## The Healthy Mind Platter



*The Healthy Mind Platter, for Optimal Brain Matter*

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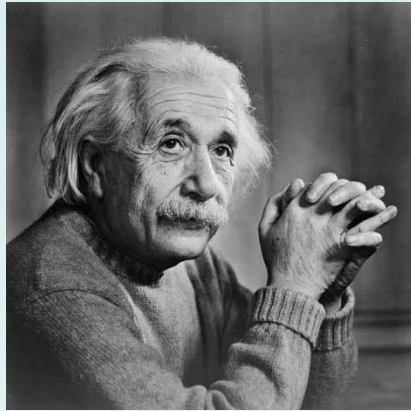
**[http://drdansiegel.com/resources/healthy\\_mind\\_platter/](http://drdansiegel.com/resources/healthy_mind_platter/)**

# Guidelines for Further Developing a Meaningful Life



- ❖ Practice Being Generous in All Your Relationships
- ❖ Become Aware of Existential Realities
- ❖ Develop a Spiritual Perspective and Appreciate the Mystery of Existence

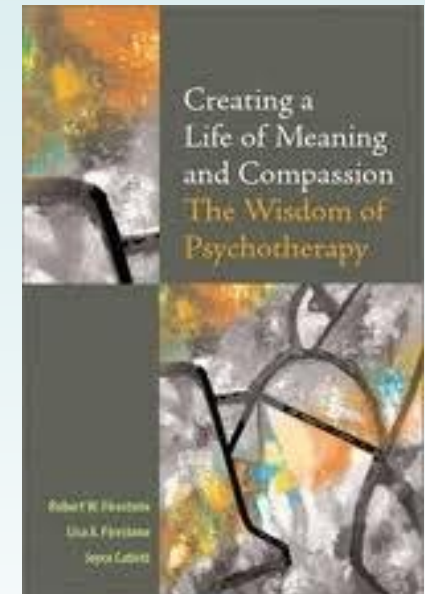
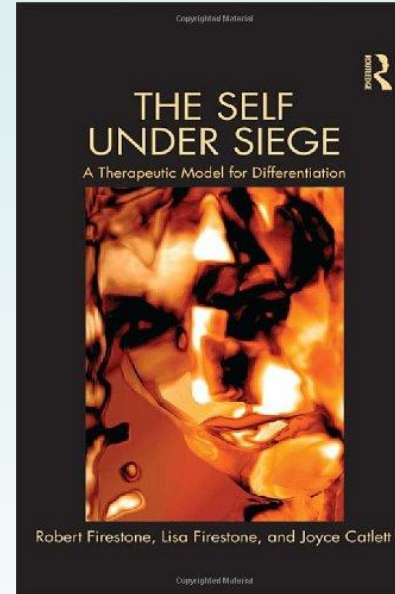
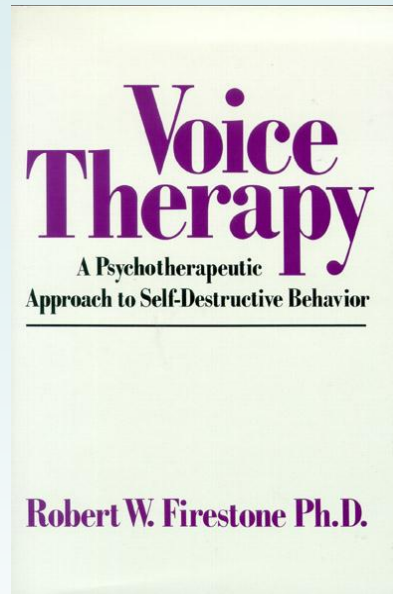
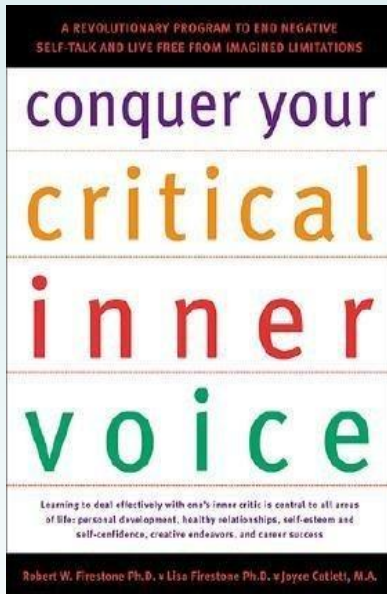




*A human being is a part of a whole, called by us 'universe', a part limited in time and space. He experiences himself, his thoughts and feelings as something separated from the rest... a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty. Nobody is able to achieve this completely, but the striving for such achievement is in itself a part of the liberation and a foundation for inner security."*

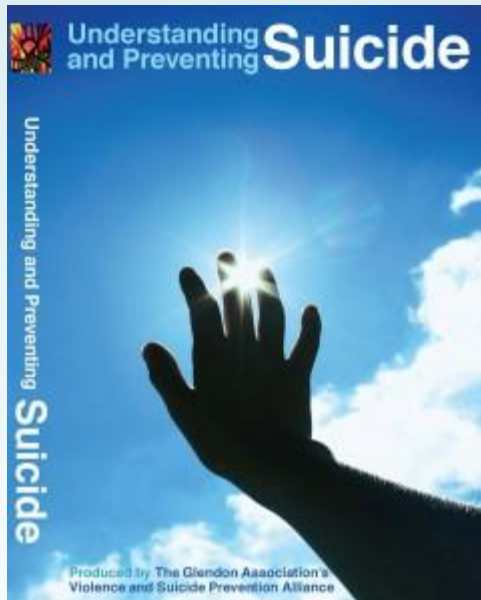
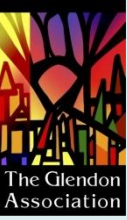


# Resources: Books



Visit [www.psychalive.org](http://www.psychalive.org) for resource links

# Resources: Films and Websites



**PsychAlive**

[www.psychalive.org](http://www.psychalive.org)

**PsychologyToday - Compassion Matters**

[www.psychologytoday.com/blog/compassion-matters](http://www.psychologytoday.com/blog/compassion-matters)

**Huffington Post**

<http://www.huffingtonpost.com/lisa-firestone>

Visit [www.psychalive.org](http://www.psychalive.org) for resource links



# Upcoming Webinars



## **Oct. 22 - Helping Clients Overcome Depression**

CE Webinar - 3 CE's

Presenter: Lisa Firestone, Ph.D.

4pm – 5:30pm PST



## **Nov. 5 - Psychological Hardiness and Mental Health**

CE Webinar - 3 CE's

Presenter: Salvatore Maddi, Ph.D.

4pm – 5:30pm PST



## **Dec. 10 - Psychological Hardiness: The Key to Resilience Under Stress**

Free Webinar

Presenter: Salvatore Maddi, Ph.D.

11am – 12pm PST

**Visit [www.psychalive.org](http://www.psychalive.org) for more information  
or to register for additional webinars.**

**<http://www.psychalive.org/2012/11/upcoming-webinars-2/>**



## Contact:

[glendon@glendon.org](mailto:glendon@glendon.org)

800-663-5281



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