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Hi Anonymous!

You ask:

Can depression go from manageable to horrible from one day to the next without warning?

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Sadly, yes.

Sometimes there are tangible reasons for this sudden swing for the worse, such as losing a loved one.

Sometimes there is nothing going on that your conscious awareness can immediately focus upon as the cause of the problem.

A lot of people can't abide not knowing why they suddenly feel worse; they can respond to this uncertainty in several different ways...

Some people blame a chemical imbalance in their brains.

We have no idea how often they may be right or wrong to believe that, but that's an easy conclusion to seize upon to resolve the question of: why?

Another way to answer the question of why? is to subconsciously create a crisis.

This choice is a motivation for many drama queens' behavior.

People cause problems for themselves because any problem they cause is likely to be familiar and manageable; they exchange not knowing why their depression takes a sudden downturn for something they can confidently fix, their own subconsciously motivated screw-ups.

They fix it and feel better.

Yet another way some people deal with not knowing why they suddenly feel much worse is to seize upon the first explanation to come along.

Some of the best advice we ever heard from a therapist goes like this:

Don't believe everything you think.

Until then it hadn't occurred to us that anyone might do that, but apparently it's more of a problem than anyone might know.

Our point is:

Don't be too concerned about why this is happening; instead, plan activities that will usually help lift your mood and then be sure to remind yourself to do those things when you suddenly feel much worse.

Believe it or not, we sometimes find getting some chores done lifts our mood.

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Our day today has been a perfect example of this.

We had a terrible start today, we felt absolutely wretched for awhile and it showed a bit in our first answer on Quora today.

But answering questions on Quora is an activity with which we can lift our mood.

We still feel bad, but we feel much better than we did this morning, practically back to 'normal'.

That first question might even be pertinent here so we'll share it with you:

Gharveyn's Quora answer to...

- [Can someone be depressed for a decade or longer? A lifetime?](#)

We are developing a large body of work related with depression, perception, and other matters. The answer linked above contains links to better answers about depression such as:

Gharveyn's Quora answers to...

- [Why do I get very depressed?](#)
- [Is it normal to be in a prolonged state of depression?](#)

We are still elated by these particular answers.

In particular, our answer to *Why do I get very depressed?* is the most lucid well-written work we have ever produced anywhere. It's something we can be very proud of.

We went through extraordinary pain to learn the lessons we share there.

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Enjoy!

love, the grigs...

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