

How has knowing you aren't the only one facing depression helped you?



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Hi Evan Sullivan!

You ask:

How has knowing you aren't the only one facing a particular issue helped you?

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Knowing that we are not the only person haunted by depression and suicidal ideation has helped us understand that we are not alone.

Depression has a terrible way of making a person feel as if they are all alone, helpless with their problems. This may be true, it certainly appears to be true; we may often find the isolation of depression unbearable because we are social animals by nature.

It takes more than intellectually knowing other people must also deal with depression, it takes awareness. The words are easy to parrot; it is easy to speak those words without immediate awareness of the implications behind the words.

You aren't the only one with depression means that other people deal with depression and resolve it successfully.

We still felt alone, at first, because our habituated depressive cognitive behavior always needs time to change.

However, as we reached out to other people with depression and learned their stories the reality of sharing our pain with these people helped break down our sense of isolation and explore the problem less emotionally, less fearfully, less angrily.

Dwelling upon emotions like fear and anger are exhausting; these emotions trigger the release of addictive hormones that encourage repeating these bad habits for more rewarding doses of hormones.

When we learned to feel less alone we gained the strength to challenge the misconceptions that maintained our depression and begin to resolve them.

Our depression has not gone away, instead it has transformed from a foggy wasteland into a garden of miracles and wonders. We see more clearly into the nature and purpose of depression than we ever had before; we have found hope.

How has knowing you aren't the only one facing depression helped you?

We face depression today with a clarity of purpose to help all other people like ourselves who have felt beaten down by depression; we can tell them there is hope, that depression is not the terrible beast it at first appears to be and that depression can be worked with to transform it into a tool for healing.

We are grateful for the company we have kept along the way, companions united by our particular issue: depression.

We have been inspired to write many Quora answers regarding depression.

Each answer we write is an affirmation that we are not alone.

These fruits of our labor seem immensely valuable not only to ourselves but to others who have struggled with depression.

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To see just how deeply we have transformed depression you may want to read some of the following:

Gharveyn's Quora Answers to...

[Why do people suffer?](#)

[Why do I get very depressed?](#)

[Is it normal to be in a prolonged state of depression?](#)

[Can depression go from manageable to horrible from one day to the next without warning?](#)

All of our best answers to Quora questions about depression can be found in PDF documents on our website: gharveyn.com/depression

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Enjoy!

love, the grigs...

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How has knowing you aren't the only one facing depression helped you?

ADVISORY:

If you are using psych meds please do not stop taking your meds without a doctor's supervision.

Many people only learn to thrive once they discover which meds work best for them.

If you are someone who does well enough without meds or who has some other good reason not to use meds then please do not encourage other people to stop using their meds; please do not criticize them for seeking help from a doctor in order to try new meds in search of something that will help them.

Meds save lives, even if they can't help everyone.

We caution people using meds to never abruptly stop taking their meds because the side-effects of quitting may be very dangerous.

Yes, we said that right; for many people on psych meds the side-effects of quitting meds can be dangerous.

Abruptly quitting psych meds may make depression much worse; psychotic episodes may even be triggered.

Only withdraw very slowly under medical supervision.

Let people know what you are doing; have them verify your plan with your doctor if they are afraid for you.

We know medications can work but we also know how often people only want to quit their meds.

Please don't argue the merits of one life choice over the other, instead allow others the courtesy to make their own choices just as you do, and just as you would want them to allow you to do.

Please support each other and stop hurting each other over the issues of whether or not to medicate or how to medicate safely.

Anyone self-medicating should educate themselves about their meds of choice and also find more help from people they trust.

FURTHER ADVISORY:

Gharveyn, by any and all aliases, is not a licensed medical practitioner, nor any other sort of professional care-provider. His opinions, however well-formulated they may sometimes appear to be, are not the products of a formal education; Gharveyn holds no degrees of any sort.

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How has knowing you aren't the only one facing depression helped you?

GRIGORY RHO GHARVEYN, BIO:

We identify as a 'multiple personality'. To ourselves we appear to be a collective with many members or associates, some of whom may be avatars of other people we have known, and some of whom are avatars of ourselves at different ages in this incarnation.

Some of our members are avatars of some of our past or future incarnations.

Some of us appear to be machines or cyborgs; many of ourselves appear to come from alternate realities or from different eras of time.

Some of our group's associates appear to be avatars of some of our favorite authors, or the avatars of some of their fictional characters. Some of our associates appear to be mythical beings from ancient Rome, Greece, or Egypt.

It's complicated, but it seems to work well enough for us...

We have no degrees or titles, nor are we an authority of any sort.

We have been partially or acutely disabled by chronic pain for more than 35 years.

We have lived with depression for more than 50 of our 60+ years in this incarnation.

We need physical therapy and exercise but we can scarcely walk or afford transportation.

We wish we could go swimming every day, like we used to do at Ocean Beach in San Francisco.

We currently reside with our girlfriend Tina, roommate Sid, houseguest Jenny, 2 dogs and 2 cats in a small apartment in Gaskill, a small neighborhood in Oakland CA.

We have been almost desperately poor; keeping well fed and keeping the lights on is sometimes a challenge. It's been about 12 years since the last time we were homeless.

To learn more about us or some of our work please visit gharveyn.com

Cheerio!

Keywords:

alienation, loneliness, apathy, depression, suicide, healing, cognit, mental illness, psychology, psychiatry, psych meds, hope, help, hotline, marginaliz, ostraciz, conditioning, shunning, defense mechanism, inner voice, conflicted, repressed memor, self medicating, kill myself, Deepak Choprah, ptsd

Some keywords have been 'short-spelled' to match multiple forms of a word.

For instance: cognit == cognitive, cognition

Theory: searches for either of these longer words will be matched by the short-spelled form.