

Why do I get depressed alone at home but can be happy at work or hanging out?



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Hi Anonymous!

You ask:

Why is it that I get depressed when I'm alone but when I go to work or hang out with other it makes me happy, but when I go back home and alone I get depressed again?

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Most people are capable of operating in a variety of modalities; it's a social survival trait that may have some genetic hard-wiring involved...

Different modes operate in different contexts.

All people depend on their social groups for survival.

Some groups help with biological survival, some groups help with economic survival, and some groups help with social survival.

Of course, there can be many more groups, while in a small village there may be fewer groups with more people overlapping between the groups.

You still need to thrive, even with depression, if you can pull it off; your social survival circuit is most likely still turning on because it keeps you connected with people who help you to thrive.

This is good because if your depression has not shut down your social survival mode then that is a part of your life where you feel as if you still thrive; it is almost certainly a safe part, but not necessarily so, just probably.

If you feel safe in the company of people who *'turn you on'* socially then this most likely means that it's some other part of your life in which your real problems are more likely to be found.

Since it's your isolation that really engages your depression there is a good chance that whatever you need to resolve is inside you.

You did a good job noticing the difference and asking this question; the insights that prompted you to ask this question indicate that you will be likely to have more useful insights as you learn to manage your depression and go within to the source of your problem.

Your problem could be a sort of wanderlust in circumstances where you feel too inhibited to explore, or your issue could be a repressed trauma with all the attendant pain, fear, and anger which that sort of problem usually entails.

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Before you go witch-hunting for a trauma try encouraging yourself to explore more of the world around you in your alone time.

You should rule out wanderlust before trying to dig deeper.

Don't just rule out wanderlust with your mind by thinking, "*No, that's not it*" because your mind is what is leading you into depression, consequently not everything you think or believe is really well-suited for who you may really be.

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We have one more piece of advice we did not expect to use here, but it may be pertinent:

Pay attention to people who *'turn you off*.

Get to know them so that you can discover what they trigger inside you that turns you off. Don't dismiss them with foregone conclusions because those are just your defense mechanisms and your defense mechanisms may be triggering your behavior for the wrong reasons or rationalizations.

If a past trauma is the root of your problem it is possible or even likely that people who turn you off remind you of whatever hurt you.

Some of the people who turn you off may even resemble someone who hurt you, either superficially, physically, or more deeply in a character trait.

Don't judge people who turn you off, the reason they turn you off may have more to do with who you are and less to do with who they are.

Everyone you meet has something to teach you if you allow yourself to open up to them and learn.

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Please read [Why do I get very depressed?](#) or any of the following for more of our opinions regarding suicide, depression, or healing:

Gharveyn's Articles...

[A Healing Spiral for Personal Wellbeing](#)

[A Healing Spiral for Psychological Wellbeing](#)

our articles are signed with our pen-name, Greg Gourdian...

Gharveyn's Quora Answers to...

[Why do people suffer?](#)

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

[How do I comfort my friend with depression?](#)

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

[How has knowing you aren't the only one with depression helped you?](#)

[Can depression go from manageable to horrible from one day to the next?](#)

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Enjoy!

love, the grigs...

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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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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.