

**THE POTTER'S WHEEL
THERAPY & COUNSELING SERVICES**

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Understanding Depression

Depression is a clinical term for a host of various feelings, behaviors and cognitive problems. The Bible does not use this term, but the problems of hopelessness, despair, fear, revenge, and bitterness are not isolated terms in scripture. The Bible is a book of hope for man. What would be the state of man without a relationship with the Lord? The Bible is Gods response to man's despair and alienation caused by his sinful nature.

If anxiety is a state of dread, anticipating the worst to happen and living as if it will occur, then depression is a state of despair, living in the worst that has happened with no recourse for hope. If man is spiritually dead, separated from the very person who created him, filled with a void that has no solution save more sinful acts, how else could Man feel or think or behave but depressed? One might say that because of Mans separation from God he is not aware of his sin or psychosocial condition. Most people who are depressed do not realize their condition.

Note: These typically will be common to all forms of depression. Where atypical symptoms are listed, their form of depression will be cited.

Emotional Symptoms

- ___ Apathy, disinterest, ambivalence*
- ___ Weary*
- ___ Bitterness, vengeance, loathe, hostility, rage toward self and others*
- ___ Despair, worthless, misery*
- ___ Detached, numb*
- ___ Disillusioned, discouraged, hopeless*
- ___ Unresolved grief, sorrow, anguish*
- ___ Anxiety, fear, insecurity*
- ___ Guilt, shame, humiliation*
- ___ Self pity, helplessness*
- ___ Lonely, rejected*

Behavioral Symptoms

- ___ Blunted, flat or constricted affect (major depression).*
- ___ Psychomotor retardation or agitation (major depression).*
- ___ Sleep disturbances, too much sleep or too little sleep.*
- ___ Problems with appetite; eating too little or too much; using food to nurture or punish self. This will include weight gain or loss.*
- ___ Injurious behavior to self or others. This includes suicidal or homicidal attempts, dangerous risk taking activities, substance abuse, eating disorders, exposing self to injury by others, or self mutilation.*
- ___ Loss of or reduced sex drive and other pleasurable activities (major depression).*
- ___ Irritable, easily offended, grouchy, agitated quickly, or overly sensitive to perceived criticisms.*
- ___ Poor concentration and difficulty following through on tasks.*
- ___ Poor hygiene and unable to perform daily living activities (major depression).*

OFFICE LOCATIONS

206 B West Richardson
Summerville, SC

101 Rigby St
Reevesville, SC

...we are the clay, You our Potter, and we all are the work of Your hand. Isaiah 64:8 (AMP)

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- ___ *Unkempt appearance.*
- ___ *Loss of emotional control: frequent crying spells, tearfulness, and outbursts of emotion.*
- ___ *Unable to cope with the ebb and flow of life which may result in a giving up of personal goals or motivation.*
- ___ *Excessive reading, movie-going, or other escapist, withdrawal types of behaviors.*

Spiritual Symptoms

- ___ *Abandonment issues with God, the church, and faith.*
- ___ *Frequent failure ideations as a Christian. May question salvation due to unresolved guilt or conviction.*
- ___ *Sporadic spiritual disciplines or a discounting of their effectiveness in reference to personal supplications.*
- ___ *Prayer life may lack a thankful and praising quality with God along with not taking time to be still before Him.*
- ___ *Has an overly developed awareness of faults of self or others and is unable to apply grace and forgiveness to this awareness.*
- ___ *A performance based theology that narrowly sees God's love as a reward to successful performance in any area of life especially spiritual matters. Problems that occur in life are caused by some performance deficit and thus God is punishing or holding back favor from the client.*
- ___ *Difficulty trusting God and His promises.*
- ___ *A neglect or dismissing of God's strength and refuge in times of troubles. Instead the client prefers his own efforts to God's help.*
- ___ *An avoidance or withdrawal from fellowship or worship with other Christians.*
- ___ *Maintains a punitive and/or distant father figure view of God.*

Social Symptoms

- ___ *Loss of social support system due to isolation from family and friends.*
- ___ *Discontinues social activities and recreation.*
- ___ *Bickering and taking anger out on others over minor infractions.*
- ___ *Development of an excessive or entitled dependency on others due to ideations of helplessness.*
- ___ *A generational history of depression, substance abuse, or isolation in client's family system.*
- ___ *Absenteeism and poor job performance, job dismissal, demotion, work stress, or retirement.*
- ___ *Loss of loved ones due to untimely death, loss of one's home or family due to finances, natural disaster, divorce or separation.*
- ___ *Family or financial crisis that may precede or follow the onset of depression.*
- ___ *Choosing poor peer support that reinforces depressive symptoms.*
- ___ *Atypical neglect or failure to meet social roles and responsibilities which results in stressful consequences that otherwise would have been avoided.*

Information taken from the American Association of Christian Counselors Treatment Planner.

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