

ABOUT THE AUTHORS

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PREFACE

If you live with an individual with depression this book has been written for you.

Working in clinical practice Dr Ridgeway and myself are regularly contacted by relatives for fast-working advice to help their loved one. What is very clear from these conversations is that relatives often feel powerless as they suffer alongside their son, daughter, husband, wife, partner or parent.

The good news is that if you are living with a relative with depression you can have a major positive impact on their mood, and you can achieve this quite rapidly by making subtle changes to your behaviour. “How to help your loved one overcome depression” is a result of our combined 30 years of clinical experience.

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INTRODUCTION

Whether you are a wife, husband, son, daughter, sibling, partner or a friend - If you live with someone who is suffering with depression this book has been written for you.

You can play a big part in helping your loved one to recover, by altering what your own behaviour. An experience of depression does not occur in isolation and symptoms associated with it are often highly reactive and easily influenced by the behaviours of others.

When we live with someone who is experiencing depression, it may surprise us to hear that we have much more of an impact on their symptoms than either they or we realise. Because of this, it is fundamentally important to understand how our behaviour impacts on them.

TRAPS

OVERVIEW



WHEN SOMEONE CLOSE TO US
IS SUFFERING WITH DEPRESSION,
WE CAN ENGAGE IN BEHAVIOURS,
WHICH DESPITE OUR MOST POSITIVE
INTENTIONS, CAN END UP WITH US
MAKING THE SITUATION WORSE.

In this section, our straight-to-the-point
Cognitive Behaviour Therapist illustrates
some of the most common traps that we
all fall into when we try to help others
who are depressed.

If you find yourself identifying with the
traps outlined, it is likely that you may

experience some discomfort or even some guilt. If this is your experience, it will be important to remind yourself of three essential ideas.

1. Guilt is a powerful motivating force. It influences us to change our behaviour.

2. It would be easier for all of us if we could do things in retrospect. Unless we are professionally trained none of us are taught how to help others with depression. We simply do the best that we can.

3. Use any painful or uncomfortable feelings you experience as an incentive to make positive changes in your life. Forgive yourself your past mistakes and start afresh from today.