

Overcome Depression Without Drugs Or Therapy

Summary: Depression is a damaging concept of self caused by false beliefs. It is caused by believing in lies about yourself and the way Deity sees you. It does not need to be cured by drugs. The secret to conquering it is by challenging your thinking and changing your thoughts.

At least two authors do not believe that depression is a biological or medical problem, they are A.B. Curtiss and Charles L. Whitfield, M.D. Dr. Whitfield shows research of children who were born to parents with mental disease verses children who were reared with poor parenting. The key factor about who developed a mental disease such as depression was not of genetics or who their parents were. The primary cause for depression was poor parenting and childhood trauma.

Dr. Whitfield has the same opinion that other doctors have about cholesterol drugs. Much of these prescription drugs are good for nothing more than making money for the pharmaceutical companies.

A.B. Curtiss explains in her book *Depression Is A Choice*, depression is caused in your lower brain primal mind. Your lower brain is where the fight or flight response happens.

The bottom line is your thoughts and your beliefs are the cause of your depression. Something traumatic may have happened to you but you have your free agency to believe the outcome of it. Loosing a million dollars does not mean you are stupid or that you are ruined. That is your made up belief, and is false.

To overcome depression requires a change of thinking. You remain depressed because your thoughts and beliefs have remained in your lower brain. The key is to elevate your thinking and change your beliefs. A.B. Curtiss says that it is easier to remain in your lower brain and be stuck in depression than it is to move to your higher brain. Moving to your higher brain requires an active effort on your part. Remaining in your lower brain requires no effort which is why it is easy to stay depressed. It is not easy to move from the lower brain which requires you to change your thinking and expunge your mind of false beliefs.

A.B. Curtiss points out that if you understand that it is not easy to change your thinking it becomes easier to take action.

Depression is caused by focusing on the thoughts that are causing your pain. You can only think about one thought at a time. You can choose what you think about and this is the key to overcome depression.

A.B. Curtiss says depression is a routine. It is a temporary feeling of hopelessness.

She also says that “depression is successful negative affirmation.”

Your feelings are dictated by your thoughts. Your thoughts are directed from your beliefs.

The challenge with depression is you forget you have a choice. A key for victory is to have some pre-determined triggers or course of actions to take once depression sets in. It helps to know that depression is not reality but is only a feeling. God does not think of you the way you think of yourself when you are depressed.

The Bible and the word of God will get you out of depression and discouragement faster than anything else can. This is true because depression is caused by your false beliefs and the way you see the world. Think of your thoughts like a CD player. There is always something playing but you have the free agency to choose which CD is playing. The word of God makes it so there is always the correct CD playing.

Overcoming depression has a lot to do with self development.

A Few Self-Development Concepts As It Relates To Depression

ME, ME, ME

It is the same whether you are in your high or in your low. You think the world revolves around you. You think the world and others is to blame instead of taking responsibility for your own feelings and condition in life.

A key is to question your thinking. It goes back to believing in false ideas. If you don't examine your thinking you will stay depressed.

EXCUSES AND BLAMING

The problem with excuses is it takes free agency out of the equation. Excuses keep you stuck where you are at. If you are having a hard time dealing with life's problems it may be because you have too many excuses.

Depressed people tend to blame their problems on others. When you blame others you are giving up your agency to them. You are not an agent to act which is how it should be but you are an agent to be acted upon. You don't control your world but the world controls you. When you blame others you are essentially saying that your ability to change is contingent on others.

Your goal is to endure the pain of mistreatment for a short period while realizing that the pain will not kill you. This so you can rise above it to a level of self-awareness. You are able to handle it on your own without outside help and are not blaming someone else for your pain.

James Ferrell the author of the Peacegiver said that being mistreated is the most important condition in mortality. People will mistreat you and life will deal you a bad hand. How you think about life's ironies determines to a certain degree your happiness and lack of depression.

FEAR

Fear is a main cause for panic attacks. A.B. Curtiss writes that fear plays an important role. She says fear keeps you human and is a key ingredient to your personality. Fear keeps you emotional. You don't want to be completely without emotion. You can't maintain a relationship very well without emotions. She says that without fear you don't need anyone or anything and become dull and without feeling.

There are other benefits of fear. Sometimes fear can warn you of deadly dangers that would otherwise kill you.

You shouldn't kill your fear but manage it in constructive ways.

Dr. Susan Jeffers the author of Feel The Fear And Do It Anyway writes about ways to handle destructive fear. She talks about three levels of fear. The third level of fear is "I can't handle it."

Here is the deal with fear; you would have no fear if you knew you could handle anything that came your way. You would not have a need to control anyone. If you are fearful it is an indication that your connection with God is not strong enough.

Conclusion: Depression is a choice. You don't have to rely on drugs or even psychotherapy to overcome it. Fill your mind with truth and rid your mind of false beliefs will go a long way to avoid depression in the first place or overcome it if you are currently bound by it.

This article is for informational purposes only. It is not meant to replace psychotherapy.

About The Author

Bret Bradshaw owns the website mindbodyandmoney.com, which is about self-help/development and making money from home.