

HAPPY AGAIN

Freedom from Anxiety and Depression

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I. Understanding Anxiety and Depression

A. Definitions

1. What is anxiety?

2. What is depression?

B. Effects:

1. Lack of sleep.
2. Suicidal thoughts.
3. Fatigue and lack of motivation.
4. Persistent negativity or uneasiness.
5. Little interest in interacting in social situations.
6. Decrease or increase in appetite.
7. Addiction or compulsive behavior.
8. Loss of interest in things that used to bring joy.
9. Unable to concentrate, racing thoughts.

10. Low self esteem, feeling worthless.

11. Feeling constant shame.

C. Misconceptions:

1. They are always the result of unconfessed sin.

2. They result from a lack of faith in God.

3. They can always be overcome by prayer and fasting.

4. The term “depressed Christian” is a contradiction.

5. All depression and anxiety comes from Satan.

6. Depression and anxiety are God’s punishment.

7. The person struggling with these issues should be blamed.

II. Physiological Causes

A. Elijah in the Desert (*1 Kings 19*)

B. Three Physical Needs:

1. Sleep

2. Diet

3. Exercise

C. Medication

III. Self Esteem

A. Negative tapes

B. Stop judging others

C. What is your view of God?

1. Your identity in Christ

2. Affirmation: (A printable version is also available in the worksheet packet)

God loves and accepts me unconditionally the way I am right now, therefore I accept myself unconditionally the way I am right now.

3. What negative thoughts come up?

4. John the Apostle

IV. Your Personal History

A. Your parent's style

B. Your sensitivity

C. Family history exercise:

1. Messages from Mother

2. Messages from Father

3. Messages from Peers

4. "Earthquake" Events

VI. Transforming Your Mind

A. Automatic Negative Thoughts

B. Intellectual-Emotional connection

a) Feelings → Thoughts → Beliefs

b) It's people's *internal theology* that deeply affects how they act and feel.

C. *Philippians 4:4-9*

1. Gratitude (*Philippians 4:4-7*)

a) Gratitude journaling

b) Write about one thing daily, dwell and meditate on it.

2. Thought Life (*Philippians 4:8-9*)

a) Not unrealistic thinking

b) Thinking that is positive, rational, realistic, redemptive

D. Changing Negative Thoughts

1. False Beliefs (see worksheet packet)

2. Triple Column Exercise (See worksheet packet)

VII. Building Deep Friendships

A. Everyone should have a Paul, Barnabas, and Timothy

a) Paul - Mentor

b) Barnabas - Comrade, Encourager

c) Timothy - Disciple, someone you are pouring into

2. Developing Real Friendships

a) Look for people who are "safe."

b) "Having two or three very close friends can be the difference between being happy and being clinically depressed." -Dr. Frank Minirth, Christian psychiatrist and author

c) Accountability, confession, and encouragement

VIII. Work-Life Balance

1. Work is meant to be done in rhythm.

a) You can't work well unless you rest well.

b) "The Sabbath was made for man, not man for the Sabbath." (*Mark 2:27*)

2. Get a Life!

- a) Do what makes you feel joy.

- b) Rediscover an old passion.

- c) “The opposite of play is not work—the opposite of play is depression.”
-Brian Sutton-Smith

- d) Develop a sense of humor.

IX. Going Deeper

A. Get real with God

B. Allow God to bring up unresolved grief, pain.

C. Find healing through facing what you have been avoiding.

- a) Nothing gets in the way of happiness, happiness is found through perseverance in the hard times.

b) *James 1:2-3*

c) *Philippians 4:10-13*

X. Homework (See the worksheet packet)

A. Write down thoughts

B. Gratitude journaling

C. Triple Column exercise

D. Family History exercise

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