

# Conquer your Depression



## Awareness of Thought

- Although thoughts are real, they are not necessarily true.
- If you are hurting right now, it is because you are currently believing some thought running through your mind.
- Identify what you are telling yourself. You are not your thought.
- **Ask yourself: Who would I be if I no longer believed this thought?**

## Awareness of Feelings

- Your feelings are a direct result of the thoughts you are carrying.
- Your feelings are an important tool to identify false beliefs. Any painful feelings are a clear indication that you are telling yourself something that is a direct insult to your Authentic Self. Your Authentic Self is lessened by this causing you pain.
- **Ask Yourself: What are my feelings telling me right now?**

## Awareness of Beliefs

- Beliefs are only thoughts and stories that have been well rehearsed over a long period of time. Beliefs are not truths.
- Most of our beliefs about ourselves and life are limiting and false beliefs implanted by family, society and life experiences.
- Ask yourself: **What if I no longer believed this thought? Who would I be?**

## Awareness of Your Authentic Self

- Your Authentic Self is the part of you that came into this world carrying your purpose, joy and creativity. Nobody's Authentic Self suffers from Depression. If you are hurting right now,...
- Ask yourself: **What am I telling myself in this moment that is causing me this pain?**

## Awareness of Joy

- Each moment you have to decide to chase joy or accept depression. The decision is yours to make.
  - This is often the most difficult decision to make because joy feels so far out of reach during a bad day.
  - Ask yourself: **What small step could I take that would bring me some joy today?**
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