



# Are your thoughts tricking you into depression?

Have you been feeling flat lately? A little on the grumpy side perhaps? Experiencing what seems like one disappointment after another? It could be your thoughts playing tricks on you. Perceptions and beliefs are not always trustworthy.

### Minimising the risk of self-deception...

Stop for a moment and remember a time when you jumped to conclusions about something or someone and it was wrong. It can take quite a bit of work to correct a misconception and start afresh, without holding a prejudice.

e.g. Cariss noticed a new mum at playgroup and went up to introduce herself, but hesitated when the lady ignored her and remained turned away towards another mum. Cariss thought, *"How rude! I won't have anything to do with her. She's so unfriendly."* Little did Cariss know that the lady was blind in one eye and hadn't seen her.

\*Dr Yapko suggests that *depression is rooted in subjectivity and runs on a negative frame of reference*, i.e. people get into a vicious cycle of seeing the worst in themselves and others. Poor Cariss is now feeling hostile towards an innocent woman and rejected. If she maintains her assumption, it's likely she'll start conflict in the playgroup, become anxious about going, be disappointed in her friends for siding with the newcomer and feel even worse believing that, *"People are unfriendly. I always end up in uncomfortable social situations."*... These aren't true but to Cariss they feel like they are. She's been tricked!

### Stop the hoodwinking and check your frame of reference...

Don't assume your negative assumptions are correct. They're more likely not. Whether it's about yourself or someone else, it's worth checking if what you're thinking is based on fact. Cariss could easily have put aside her negative assumption and introduced herself anyway, to see whether her first impression was correct or not. This week, don't assume your negative thoughts or feelings are true. Go on a fact finding mission before believing them.

\*Dr.Yapko.M, (2009) *Depression is Contagious*.

Bare Hands is run by allied health professionals committed to helping women embrace positive change by providing access to practical education. To find out more give us a call, email us or visit [www.barehands.com.au](http://www.barehands.com.au)

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- ✓ Thoughts aren't always trustworthy.
- ✓ Thinking is geared for protection and tends towards negativity.
- ✓ Don't act on your first impression or assumption, it could be wrong.

***"Sometimes you can't see yourself clearly, until you see yourself through the eyes of another."***

**Ellen De Generes**

Roxy loves helping women develop emotional resilience so that they can enjoy fulfilling and contented relationships, which survive the ups and downs of life. Having experienced the challenges of being a single parent, juggling being a mum and a practitioner, building a business or two and overcoming anxiety and post-natal depression, she has a vast knowledge of how to minimise the struggle and use practical strategies that really work!



**Roxy Lebsanft** Co-founder Bare Hands, Mother, G.Dip, Couns, B.HSc, Cert.IV TAE, Strategic Psychotherapist

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Practical life strategies for women