



Depression Test

By Bill Gaultiere

Depression is debilitating and painful. Generally, it's caused by shame, internalizing anger, "ungrieved grief," losing hope, and biology. For the D-E-P-R-E-S-S-E-D symptoms below circle the "Y" if you answer yes to one of the questions in the list.

D ifficulty sleeping, eating, or sexually	Are you sleeping too much or not enough? Are you overeating or have you lost your appetite? Has your sex drive diminished significantly or gone into overdrive?	Y	N
E nergy-less	Do you feel tired most of the time? Are you having trouble feeling motivated to do the things you need to do?	Y	N
P essimism about your future	Do you feel negative about what's ahead for you? Do you feel hopeless?	Y	N
R egrets about your past	Do you feel bad when you think about things you've done in the past? Are you struggling with guilt and shame?	Y	N
E njoyment gone	Have you lost a sense of pleasure in your relationships, activities, and hobbies? Does life feel more like a chore than a joy?	Y	N
S ad	Are you experiencing unexpected tearfulness? Do you feel unhappy much of the time?	Y	N
S elf-critical	Do you criticize your mistakes? Do you judge or shame yourself?	Y	N
E mpy	Do you feel a sense of emptiness? Are you lacking purpose, meaning, or self-worth?	Y	N
D ecisions difficult	Are you having trouble deciding what you need to do in situations? Are you having problems concentrating?	Y	N

Scoring: If you have yes answers in three or more categories it suggests that you may be struggling with depression and in need of help from a counselor or doctor.