

## **Examples of reasons that we choose to become and remain “Depressed”**

- 1. To invite others to feel guilty for their actions or decisions.  
(To hold them as an emotional hostage.)**
- 2. To avoid taking responsibility for the resolution of our own  
inadequacies, fears, or erroneous beliefs.**
- 3. Others will refrain from making demands on us if we are  
sad or depressed.**
- 4. We can excuse our own lack of initiative or skill.**
- 5. Others will take care of us if we are sad and depressed.**
- 6. To disguise, cover, or obscure what are considered undesirable  
emotions; especially anger and fear.**