

Depression.

I see a lot of misconception about this or how to deal with/solve it. It's everywhere, but I see it here so here I am attempting to best explain it and why it's so hard to deal with. Just like ignore this if you don't care idk.

This not an official medical explanation of depression. No. I'm just some dumb fuck who has it and will best explain it.

See that?

Did you see it?

Not even 2 paragraphs in and I'm insulting myself.

Welcome to depression.

Depression is when your brain hyper focuses on the negative and that trickles down to your emotions. Usually manifesting as sadness, hopelessness, anger, ect. The negative ones. It takes every scenario and just puts it in a negative light. All the way to the point where your mere existence is seen as a negative.

The most common advice I get to counter that is to think positively. Be happy. Focus on what you like about yourself. That's a natural state and way of thinking other people can do. Lucky fucks. Well I can't.

See depression is a mental illness? Condition? Idk the correct term, but it's a brain that is not functioning as what is considered the standard. Mental condition is what I'll use and that's hard to understand.

Example: Someone recently tried to explain what being an autistic empath is and I couldn't fully grasp it, much less relate to it. I needed a whole other person to explain it in a way I understood and realize ohhhh. That's why what I was doing was hurting my friend. Despite all that I still don't fully GRASP it in an intuitive way. My brain doesn't work that way. It's still not a condition I fully get because I just simply can't. I can only understand what not to do to hurt someone, as I'm trying to do with this post and depression.

See with physical conditions we can grasp easier. If someone has no arms, even if you don't know what that feels like, you understand having arms. So therefore you can "get" what that's like on a better level to not have arms. You know their limits better and understand where difficulties will lie easier. It's easier to empathize with what's that like,

even if you don't truly fully understand.

If you saw someone in a wheelchair and demanded they just stand up and walk. You would be real insensitive and a fucking moron. Obviously they can't just stand up and walk like you. We all understand that. Mental conditions work the same way, but they are much harder to understand and relate to so people end up being insensitive.

So back to depression.

Just try to think positively. Such simple advice misses the whole point. Someone suffering from depression can't just do that. To even suggest as such is a misunderstanding of how depression alters your thinking.

I was given that advice when I was 15 in my youth minsters office because I didn't feel included (I was) but I didn't feel it and just thinking more positively didn't help. I can't just do that. That's the shit my old boomer dad says. What are you complaining about? Your life's fine. Why are you sad when you're life is doing so much better then others?

Depression isn't logical. In fact not a single one of you reading this has a brain that works on logic. I saw photos posted from someone from my old church growing up when they did missionary work in extremely poor areas. Like intense fucking poverty and some horrifying conditions in places that are just fucked compared to a first world country where I live.

So logically I could say, hey, my life isn't so bad. Look at these people and the hell they have to live in to survive. I'm so blessed to be in a place more comfortable then that. Therefore why should I be depressed? Why should I feel so bad? If you think about it the entire mental health section of the discord should logically not exist as everyone in here is in much better conditions then many places of the world. Why are we all venting and complaining when out lives are comparably better then most? Logically of course.

Our brains don't work that way is why. Our emotions won't allow that. We have feelings and when shit gets fucked we need to express our frustrations. We can't just be in a state of constant contentedness because were not doing as bad as person X in situation X. Depression adds a constant negativity to every thought that only makes this more powerful.

I've felt not included and a burden since fucking high school. Probably sooner even. I still fell that today. I've felt like a burden on this discord the whole time. People who know me more have heard me complain how frustrated I am with myself. How easy it is for me to just fucking drop suddenly. It keeps me from staying happy outside of moments that pass.

Being a burden. Lets talk about this. This is a big one.

See depressed people aren't stupid despite obvious backwards logic and thinking. We know our negativity harms others. Drains them. Negativity is draining. I should know, I think that way all the time. We know this. We know how it effects our friends and family.

It makes us feel even fucking worse.

We feel like burdens because to interact with a depressed person is to risk interacting with negativity. Therefore a burden. But wait we get told we aren't burdens.

I know.

But knowing doesn't overpower our feelings all the time. How can we not be burdens? We make others lives worse by interacting with them and then people leave us, which in turn enforces that. See! Others leave us because we are draining, therefore we are burdens therefore we should just...

Die

I'm going to talk about suicide now so please feel free to skip. It's important to address though. You can't address depression and skip this aspect of it.

I have another way to describe depression. We all have a will to survive. Its innate in life. Our code. Depression is bad code that acts against that.

Depression is a force the ultimately pushes thoughts to going against the will to survive. To die. Suicide. It's the ultimate end. The ultimate negative thought. It only makes sense depression always ends up walking that line.

Many people kill themselves for many reasons, but the reason I have those thoughts is simple. I'm hurting my friends, my family. I can't change my broken depressed brain and be in a state where I can stop hurting them so I need to leave. Death being the most permanent leave one can do. As an added bonus its gets rid of the pain to.

It only makes sense to someone with a broken depressed brain.

See when someone says something like no! Don't do that. Think of your how much it will hurt your mother. Or friends. Or ect.

Most people go yeah your right. It will hurt them so I won't do that.

Mine goes what? Hurt them? I'm a burden who hurts them all the time. All that goes away when I'm dead so my suicide is actually a positive in their lives. My dad won't have to feel embarrassed anymore. No one has to deal with negative messages or complaining. No one has to suffer with dealing with me anymore if there was no me.

Of course I'm still here. Simply put our survival instinct is fucking strong and so most depressed people are stuck.

We want to avoid hurting others, but our brain thinks negatively naturally. We want to die to solve that, but that also causes harm and our will to live keeps most from taking that step. So every interaction with anyone close becomes a risk of causing pain due to how our brains just work. We can't just think positively or be happy. Focus on the good over the bad both in our circumstances of our own personal selves.

So we just end up hating ourselves and when people try to explain why we shouldn't we can't grasp it. Why doesn't everyone hate me? I mean some do so therefore shouldn't everyone? I do after all.

Whats the solution?

Fuck if I know, but I at least felt the need to explain depression, or at least my experience with it as best I could and post it in a discord that is built upon a desire to understand and empathize. If this isn't a safe place for it then fuck. What else is there?