Getting Unstuck

Presented by CSUEB Counseling Services
Week 6 - Rewriting Your Story
Let’s Stretch . . .
A Few Zoom Guidelines

• Please mute your audio while others are talking and type any questions into the chat box.
• Your video can be off or on, whatever makes you most comfortable.
• Confidentiality, and Zoom limitations.
Community Agreements

- Push yourself to participate
- Focus on your own experience
- Share headlines, not details
- Step forward, step back
- Ask others before giving them feedback
- Assume positive intent from others
- Take responsibility for your needs
Introductions:
Share your name, year @ CSUEB, major &
Agenda for today’s group

- Externalizing depression
- Lies depression tells us
- Rewriting the story
- Lightstream Technique
Externalizing Depression

Often when we have felt depressed for a long time, it starts to feel like depression is a critical part of our identity. This is one of the tricks that depression plays on us - making us think that we are our depression, and that there is no hope for ever feeling differently.

Instead of letting us become one with our depression, it can be helpful to remember that depression is just a visitor - we don’t have to let it stay forever.
Your Depression

If you imagine your depression as something outside of yourself, what would it look like?

- Think about your depression’s size, color, texture.
- Is it an object, or a creature?
- What name would you give it?
Lies Depression Tells Us

1. We don’t really have depression
2. There is no hope
3. We don’t deserve help and support
4. We are a burden
5. There’s no point asking for help
6. We are the worst
7. We don’t deserve nice things
8. We’re not good enough
9. Nobody really cares about us
10. Everything is our fault

Which of these lies has your depression told you?

How does it feel to see them as lies, instead of accepting them as true?

Listen to the Hilarious World of Depression podcast for more on this.
Rewriting the Story

- What are you that is more than your depression? Think about the relationships, goals, and accomplishments that set yourself apart from the lies depression tells you.
- Are there any ways your depression has tried to help or protect you?
- Are there times the depression tried to trick you and you didn’t fall for it?
- Are there ways you could remind yourself to catch the depression when it tries to trick you?
- Imagine yourself talking back to depression when it is telling you those lies. What would you say? How would depression respond?
Additional Resources

- Counseling Groups throughout every week
- Virtual RAW events, especially Mindful Minutes
- Pioneers for HOPE - support with food and housing
- Follow us on Instagram - @eastbayshcs
Take care!

- Thank you for joining us!
- Think about what skills you might want to practice from home this week:
  - Externalizing depression as something outside of yourself
  - Noticing when your depression is telling you a lie
  - Lightstream Technique
thank you