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.*