

How to Win Over DEPRESSION

Updated and Expanded



More than 1,000,000 in print!

TIM LaHAYE

A PDF COMPANION TO THE AUDIOBOOK



How to Win Over Depression
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ISBN: 0-310-20326-0

Library of Congress Catalog Card Number 73-22692

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Interior design by Sherri Hoffman

Illustrations by Ken Karsen

Printed in the United States of America

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Chapter 6

Testing Yourself for Depression

Please answer the following questions carefully. Circle the number that best describes your present state.

0 You rarely or never have the feeling described

1 You occasionally feel this way (once a month)

2 You feel this way twice a month or more

3 You feel this way most or all of the time

1. 0 1 2 3 I seem to be tired much of the time.
2. 0 1 2 3 I can't find any activities that really interest me.
3. 0 1 2 3 I have difficulty making decisions.
4. 0 1 2 3 Sex doesn't interest me at all anymore.
5. 0 1 2 3 I don't like the way I look.
6. 0 1 2 3 When something goes wrong, I know it is my fault.
7. 0 1 2 3 I doubt the future will improve my circumstances.
8. 0 1 2 3 Sometimes I think about actually killing myself.
9. 0 1 2 3 I have difficulty sleeping.
10. 0 1 2 3 I cry for no apparent reason.
11. 0 1 2 3 I have difficulty going to sleep at night.
12. 0 1 2 3 My present work bores me; I work because I have to.
13. 0 1 2 3 I worry about circumstances beyond my control.
14. 0 1 2 3 I worry that my physical appearance is declining.

15. 0 1 2 3 Everyday activities give little satisfaction.
16. 0 1 2 3 I don't enjoy going out after work or on week-ends.
17. 0 1 2 3 I often become irritable with family and friends.
18. 0 1 2 3 I am sensitive to criticism.
19. 0 1 2 3 I am really unhappy.
20. 0 1 2 3 I really do not enjoy being around other people.
- Total _____

How to Score Your Test Results

0 – 19 Suggests you are basically a happy person and seldom disposed to depression.

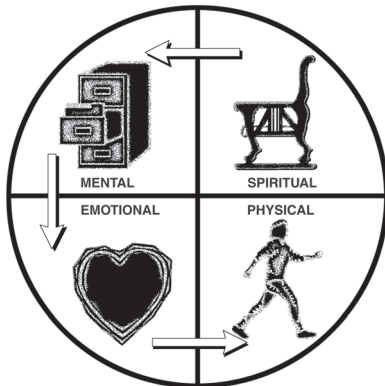
20 – 29 Indicates you may have some mild depression. You will find the recommendations of this book very helpful.

30 – 39 Indicates you may have moderate depressions on occasion and should consider going to your pastor, your family doctor, or a Christian counselor. The next few chapters will be of particular value to you.

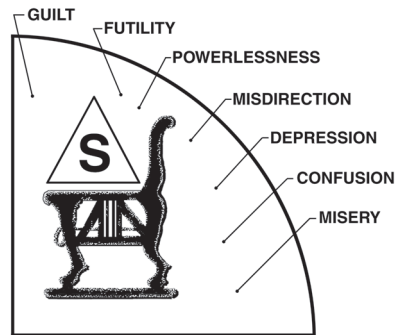
40 + May indicate you have severe depression and need help.

Chapter 7

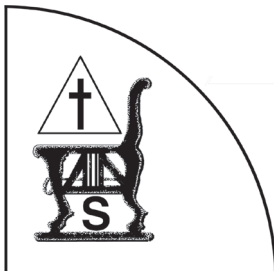
Is There a Cure for Depression?



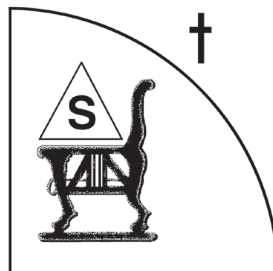
THE FOUR PARTS OF A PERSON



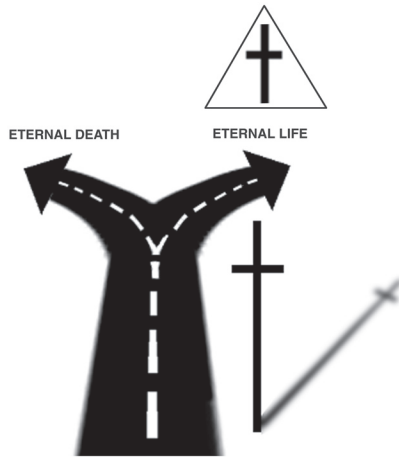
A PERSON'S SPIRITUAL NATURE



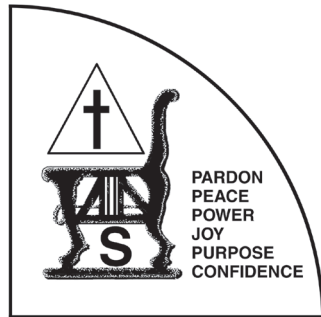
A PERSON WITH CHRIST



A PERSON WITHOUT CHRIST



A PERSON VOID OF GOD



A PERSON WITH GOD

Chapter 9

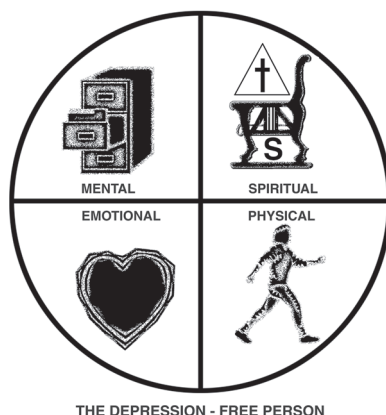
Self-Pity and Depression

Crisis	Points	Your Score
Death of a spouse	100	_____
Divorce	73	_____
Marital separation	65	_____
Jail term	63	_____
Death of close family member	63	_____
Personal injury or illness	53	_____
Marriage	50	_____
Job firing	47	_____
Marital reconciliation	45	_____
Retirement	45	_____
Change in health of family member	44	_____
Pregnancy	40	_____
Sexual difficulties	39	_____
Gain of new family member	39	_____
Business readjustment	39	_____
Change in financial state	38	_____
Death of a close friend	37	_____
Change to different line of work	36	_____
Change in number of arguments with spouse	35	_____
Foreclosure of mortgage or loan	30	_____
Change in responsibilities at work	29	_____
Son or daughter leaving home	29	_____
Trouble with in-laws	29	_____
Outstanding personal achievement	28	_____

Wife begins or stops work	26	_____
Beginning or end of school	26	_____
Change in living conditions	25	_____
Change of personal habits	24	_____
Trouble with boss	23	_____
Change in work hours or conditions	20	_____
Change in residence	20	_____
Change in schools	20	_____
Change in recreation	19	_____
Change in church activities	19	_____
Change in social activities	18	_____
Change in sleeping habits	16	_____
Change in number of family gatherings	15	_____
Change in eating habits	15	_____
Vacation	13	_____
Christmas	12	_____
Minor violations of the law	11	_____
Total		_____

ILLNESS PREDICTOR SCALE

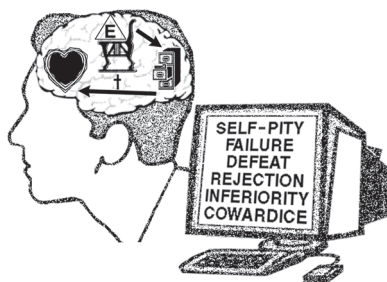
Low Risk	150 – 200
Medium Risk	225 – 300
High Risk	325 – 375



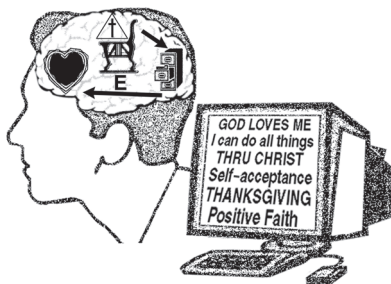
CHARACTERISTICS OF THE THREE KINDS OF DEPRESSION			
	Discouragement (mild)	Despondency (serious)	Despair (severe)
Mental	self-doubt resentment self-pity	self-criticism anger self-pity	self-rejection bitterness self-pity
Physical	loss of appetite sleeplessness unkempt appearance	apathy hypochondria weepiness	withdrawal passivity catatonia
Emotional	discontent sadness irritability	distress sorrow loneliness	hopelessness schizophrenia abandonment
Spiritual	question God's will displeased with God's will ungrateful, unbelieving	angry at God's will rejects God's will gripes about God's will	resents God's Word indifferent to God's Word disbelieves God's Word

Chapter 11

Depression and Your Mind



THE NEGATIVE USE OF IMAGINATION



THE POSITIVE USE OF IMAGINATION

Chapter 17

Ten Steps to Victory Over Depression

