

5 Steps to Curing Depression

(and a little bit of extra wisdom for you)

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DISCLAIMER: This is not medical advice. I'm not a doctor. I'm an artist, and you should consider this to be a work of art. It's for entertainment purposes only. I'm not responsible for any mayhem that ensues from following these instructions as if they were medical advice. You should see a therapist and/or take drugs if you believe you have a real medical problem.

Introduction

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onisonisonisoniosniosniosnionsniosniosniodepression

Depression sucks. Doesn't it t it it tit it it ti

You want t ttt t tkj tkj tktjtkj tktj ktj ktj ktj
totototototototofofififfififififfifixit ti tit it
iwasd;lkjasdjkl;asd;lkjasdjkl;lkjasdjkl;Depression sucks
doesn'tn'tn'tn'tn'tn'tit? You want to fix it. You have the right to fix it.

DEpression isn't what it makesit titititittiiself out to be.

Dwepression is a good thing. Not a bad thing. Your therapist told
ititititititititit to tyoutyoutytoutytout you told you it was a good thing. But
it's tisdf; sdf;klj told you it t it itt ibad but you want
te;wtnkl;wetnkl;wetnkl;themedicationcncmedications the tv commercials
your parents the self-help books robbins tony you adns dostormy night.

Depression is a good thing. Rest. You are frustrated. It's a mechanism to
converse youasd youasd conserve your ryour your bodily energy. To rest.

You need a cvavaetioin. Really, you do. a cvvavaalvkja;kvj;kvvacation.

That's the solution.

You need to up arnweernergy. Not down your energy.

You need to chase your values. Make the changeyou sent see in the world.

Make the change you want to see in the world. Thessdsd solsuioitont. Its that.

Depression is not sadness snasadasdadasdasdasdas Das Deperssion sis s si si
si silow energy Sadness isda sdesensdendsadness i aaasdsad high
ENERGYHIHG ENERGY

SADNESS IS A REMINDER OF WHAT YOU CARE ABOUT

DEPRESSION IS APATHY noeenernegerygeeg

just I want to lie in bed and dododododoo nothing That's depression Not
dsadness If you are sad, you are feeling good about something
gogoogdodogodoodododdodo

Depresison is no feeling at all

TOXIC POSITIVITY wants you to believe that both depression and sadness
are bad. Sadness becuse it's lower energy than
HAPPPPPPPYPYPYPYPYPYPYPYPYPY Depression because it's
UNPRODUCTIVE

TOXIC POSITIVITY is also avbout TOXIC PRODUCTIVITY

We ashouulds always gbe bbeb GOGOGOGOGOGOGOGOGO GOGO
GOGO GOG OG GO GO GOG OGGOG OG GO GO GO GOOG

at all times, motherfucker!!!!!!!!!!!!!!!!!!!!

alsdk lk lk lk l asd lk lk How do asdo adso ad so how do you cure your
depression

Step 1

Accept it: it's you, and it's a good thing. Stop trying to fight it. Recognize that you are experiencing apathy. You are experiencing remoteness from what's important to you. BECAUSE YOU ARE FRUSTRATED. BECAUSE YOU HAVBE FAILED. BECAUSE YOU HAVE WORKED REALLY HARD AND COME UP WITH NOTHING. That's why you're depressed. It's a good thing.

Step 2

Allow yourself to be depressed. Allow yourself to lie in bed. Allow yourself to feel sad. Allow yourself to wish you weren't depressed. Allow yourself to complain about your depression to other people. Allow yourself to take medication. Allow yourself to see a therapist. Allow yourself to take “am I depressed?” quizzes online.

Step 3

Let yourself be angry. You didn't make yourself depressed. Your body did this to you. Your mind did this to you. In response to those idiots out there who put up insurmountable obstacles. LET YOURSELF BE ANGRY AT THEM. I know know know know know, TOXIC POSITIVITY says “thou shalt not be angry”, but FUCK TOXIC POSITIVITY. This is your time to be angry. Come on. We need to wake up some of that CREATIVE ENERGY. Some of that energy that wants the WORLD to be BETTER THAN IT IS. Stop wallowing in your own misery. Sorry...THEIR misery. The misery that was inflicted upon YOU. Be pissed off at those motherfuckers. They deserve it.

Step 4

Let yourself be afraid. Afraid of failure. Afraid of rejection. Afraid of being unproductive. Afraid of hurting other people or yourself. You're allowed to FEEL THAT FEAR. It's REAL IT'S YOU IT'S IMPORTANT. Don't let them tell you otherwise. TOXIC POSITIVITY says "be a man, grow up, don't be a crybaby, feel your fear and do it anyway" FUCK TOXIC POSITIVITY IT'S TOXIC CC CI CI OTCOI COI ISTS" THE FUCKING DEVIL.

Step 5

VERY VEY RY VEY GENTLY DO Things that you are afraid of doing. DO Them because they are fun. NOT because TOXIC POSITIVITY told you "thou shalt have FUN at all times" < but because you actually feel childish delight at the thought of doing them. It will feel scary. It will feel uncertain. Do you enjoy that feeling? If so, that's what you should try doing. A little bit of that. WE are TRYING TO WAKE UP your sense of childish glee. That's the sense that got squashed and that's what you're calling deEPRESSION. IF you CAN'T connect to the sense of childish glee, go back to STEP 1 and work through the steps again until you can find something. IT MAY BE VERY SMALL but it should be gleeful. Not "FUCK THIS I NEED TO HAVE FUN OR I WILL BE DEPRESSIONED for the rest of my life." That attitude is NOT NOT NOT NOT NOT NOT NOT NOT FUN.

That's all for now.

I hope you enjoy your depression. It's a rare gift. Have fun with it. It's yours.

DEad people don't get depressed. Don't forget that.